

Wednesday Wellness Walks.

The walks will take place over the summer.

Fleming Wellness Committee will be kicking off the series on
Wednesday, June 9 at 12:15pm. (see full schedule below)

The walk will be a one mile route and/or two mile route;

All fitness levels are encouraged to participate.
You choose the pace that is comfortable for you.

**Wednesday Wellness Walks are from 12:15pm-1:00pm
and will depart from Regents Plaza.**

Water will be provided.



Wednesday Wellness Walks – Schedule

(schedule is subject to change)

June 9 – Fleming Wellness Committee (KICK OFF)

June 16 - Steve Forrest

June 23 – Fleming Wellness Committee

June 30 – Suellyn Scarnecchia and Cynthia Wilbanks

July 7 – Mary Sue Coleman

July 14 – Tim Slottow

July 21 – Art Fair – NO walk scheduled

July 28 – Royster Harper

August 4 – Dave Lampe

August 11 – Sally Churchill

August 18 – Phil Hanlon

August 25 – Fleming Wellness Committee – Walk and
Zumba Demo Class