

FREE!
All ages

Walk ^{the} Talk



SATURDAYS
8:00am – 9:00am

Hit the trail, get moving, and get informed! Take a walk with knowledgeable health professionals.

JANUARY 13

Thyroid Awareness
McDaniel Farm Park, Duluth
Meet at pavilion by the park entrance

APRIL 13

Stress Management
Shorty Howell Park, Duluth
Meet at the Activity Building

FEBRUARY 10

Heart Health
Rhodes Jordan Park, Lawrenceville
Meet at pavilion #1 near the lake

MAY 11

Mental Health Awareness
George Pierce Park, Suwanee
Meet at pavilion #1 by the playground

MARCH 9

Nutrition Month
Bay Creek Park, Loganville
Meet at pavilion by the tennis courts

JUNE 8

Safety Awareness
J. B. Williams Park, Lilburn
Meet at pavilion by the playground



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