

Free!
All Ages

Walk the Talk

Hit the Trail, Get Moving & Get Informed!

Take a walk with knowledgeable health professionals at various park trails and talk about wellness topics. Walks last about an hour.

Wear comfortable shoes
& bring a water bottle.

Saturdays • 8:00am – 9:00am

January 11 • Cervical Cancer **Alexander Park**

800 Old Snellville Hwy, Lawrenceville
Code: AXP17346

February 8 • Heart Health **J.B. Williams Park**

4935 Five Forks-Trickum Rd, Lilburn
Code: JWP17347

March 14 • Nutrition **Lucky Shoals Park**

4651 Britt Rd, Norcross
Code: LSP17348

April 11 • Stress Management **Bogan Park**

2723 N Bogan Rd, Buford
Code: BOP17349

