

Free!
All Ages

August 14 – Alexander Park

Breastfeeding Month
Northside Hospital Gwinnett

September 11 – Lenora Park

Food Safety Month
UGA Extension Gwinnett

October 9 – Alexander Park

Breast Cancer Awareness
Northside Hospital Gwinnett

November 13 – Lucky Shoals Park*

Diabetes Awareness
Diabetes You Can Win

December 11 – George Pierce Park*

Holiday Stress & Emotional Eating
Regions Health Literacy Group

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



*Community Recreation Center indoor walking track.

Walk the Talk

SATURDAYS
8:00am – 9:00am

