

Free!
All Ages

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

March 12
Lucky Shoals Park
Norcross

Nutrition Month
with Strong4Life

April 9
Bogan Park
Buford

Stress Management
with Regions Health Literacy Group

May 14
Rhodes Jordan Park
Lawrenceville

Mental Health Awareness
with GUIDE, Inc.

June 11
Alexander Park
Lawrenceville

Safety Awareness
with Gwinnett Fire Department



Walk ^{the} Talk

Saturdays • 8:00am

