



Free! All Ages
Saturdays
8:00am – 9:00am

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

February 11

Tribble Mill Park, Lawrenceville

Heart Health Month
with Kimberley Goodloe

March 11

Alexander Park, Lawrenceville

Nutrition Month
with Northside Hospital Gwinnett

April 8

Shorty Howell Park, Duluth

Stress Management
with Piedmont Eastside

May 13

Pinckneyville Park, Berkeley Lake

Mental Health Awareness
with GUIDE, Inc.

June 10

Rock Springs Park, Lawrenceville

Safety Awareness
with Gwinnett Fire & Emergency Services

770.822.3197

LiveHealthyGwinnett.com

