

Rock Lake Community Center and Center for Multicultural Wellness & Prevention

Invites You to Join Us for the

Heart & SOUL
WALKING CLUB

**With The
Dynamic
Duo**

Jeanette Gray & Angela Allen

**Every Tuesday & Thursday
Rock Lake Community Center
440 North Tampa Ave
6:30 PM - 7:30 PM**

- Free Prizes
- Fitness Instructor
- Group Walks & Exercise
- Healthy Eating Tips
- Health Educator and Much More!!!

**For More
Info Contact:
407-648-9440**

FREE

Fun, exciting program that reduces the risk of heart disease by increasing physical activity while building lasting relationships that strengthen and encourage a healthy lifestyle

