

Barnett Park and Center for Multicultural Wellness & Prevention

Invites You to Join Us for the

Heart & SOUL
WALKING CLUB

**with
Dynamite
Duo**

Jeanette Gray & Angela Allen

**Every 2nd and 4th Saturday
Barnett Park
4801 W. Colonial Drive
8:00 AM**

- 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

