

WALK & TALK with Jodi and Jen

Fridays, 11 a.m. to Noon

We'll meet at the bench right outside of the Health Center (near library circle).



Get off to the right start this year! Make a commitment to a *healthy you*. Join our weekly walk where we aim to make positive connections with one another, talk about our lives, and establish a fun walking routine. Exercise is proven to improve mood and help with stress management!