

National Fitness Day Walk Around the Block



Wednesday, May 13



**Court House
River side Steps
Downtown
Mt. Clemens
12:00 PM**

OR

**Nicholson
Nature Center
(Enter from Public
Works parking lot)
12:00 PM**

Enjoy a scenic walk with your coworkers!

Warm up with a Fitness Instructor from Maria Marino's Fitness.
All participating employees receive bottled water and healthy snacks.

Questions? Email healthstyles@macombgov.org.

