

WALK

[rain or shine]

FOR

& TALK

All Ages
welcome!

THE

HEALTH OF IT!

What: Community Walking Group

30-minute walk with local dietitians available for your nutrition questions

Why: To improve our physical, mental, and social health!

Where: Kiwanis Park, 318 S Washington St.

Meet at shelter by bathroom.

When: 9/12 @ 6pm

9/19 @ 11am

9/21 @ 4pm

9/27 @ 10am



Public Health
Prevent. Promote. Protect.

Bismarck-Burleigh Public Health