

# Walking Club



Tuesday, September 13<sup>th</sup> at 3:00 pm

The Health and Wellness Committee is sponsoring a walk/run club for fitness. This club plans to meet every Tuesday and Thursday at 3-3:15 pm. Our goal is to walk/run and get in shape so we can enter relays for health. Goodwin College will be sponsoring this team. We plan on supplying T-shirts and jackets. Our first walk is on Tuesday, Sept 13<sup>th</sup> at 3 pm. Come join our team and walk/run for fitness and health.

The first relay we are shooting for is **Sunday, October 2<sup>nd</sup>** at the U-Conn Health Center in Farmington. This is a 5 K fitness walk /run. The next is **Saturday, October 22<sup>nd</sup>** Love your Body in E. Hartford also a 5 k walk/run.

More details to follow.

So Come on Goodwin, Grab your sneakers and come walk with us. We will meet in the lobby...Tuesday at 3 pm. We will come up with a name and meeting walk times while we walk that day....

Hope to see you all there. All you have to lose is a few pounds!!!!!!!