



Follow the Fifty
MODELS OF HEART HEALTH

**Friends
& Family
Fun Walk**

We're stepping out in a big way for
The Last Green Valley's
Walktober event!

**FREE!!!
COMMUNITY EVENT**

12:00 PM
"Bring Your Own Lunch"
Community Picnic in Rotary Park
Children's Exercises • Music
Fun • Success Stories

1:30 PM
One mile walk to Riverview
Farmers Market Pavilion with
exercise stations along the way
• Body by Design
• Stretch Bands with Amy Williams
• Laughter Yoga

1:45 PM
Partners at the Pavilion
Family games • Education stations
Artistic displays • Healthy food
samples

Walk continues to the site
of the future home of the
Regional Community Family YMCA
*Balloons and t-shirts
to the first 100 Y walkers*

3:15 PM
Walk back to Rotary Park

3:45 PM
Fun Walk Door Prizes
& Community Cheer

Please bring your own blanket/chair for the picnic and wear appropriate walking shoes/sneakers. In case of rain, event will be moved to Putnam Middle School. Listen to WINY Radio 1350am for details.

All times approximate and subject to change
Sponsored by a grant from the Foundation for the National Institutes of Health as part of a public-private partnership with the National Heart, Lung, and Blood Institute to promote *The Heart Truth*®, a women's heart health awareness and action campaign. Funding is provided by individuals and corporations including *The Heart Truth* partners Belk Department Stores, Diet Coke, and Swarovski.



**Sunday, October 14, 2012
12:00 – 4:00 PM**

Rotary Park, Kennedy Drive, Putnam

***Come one, come all!
Adopt a healthy lifestyle
& connect as a community!***

Sponsored by this Community Partnership
to Promote Health and Wellness

