



**Every Monday - Wednesday - Friday
12 - 12:45 pm**

Meet at the Flagpole and walk for 45 minutes

The purpose of STRIDES is to encourage the beneficial practice of regular physical activity. Team up with motivated individuals who will encourage you to reach your individual goals.

Meet New People...

Feel Energetic...

Lose Weight...

Lower your risk for heart disease, high blood pressure, and depression

WALKING REWARDS

Week 1: Water Bottle and STRIDES starter kit

Week 3: Walking Journal and Pedometer

Week 5: Fun Giveaways

10 walks + Special Prizes and much more

*Sponsored by: Auraria Health Advocates & The Health Center at Auraria
For more information, call the Auraria Health Advocates (303)-352-4464.*