



Health Talk 'n' Walk

GET FIT & LEARN

Join us the third Thursday of each month at Goose Lake Park (2811 UAA Drive) for a brief outdoor seminar followed by a 30-minute walk on the Chester Creek Trail with our featured speaker.

- 5:45 pm Check-in, get water, stretch
- 6:00 pm 15-minute health presentation
- 6:15 pm Walk at your own pace for 30-minutes. Speaker will intermingle with the group to answer questions and expand on the topic.
- 6:45 pm Regroup, Q&A, check-out

This event is FREE. Be sure to dress for the weather. No pets, please. Reserve your space to 264-1722 or <http://bit.ly/2bBjKW0>.

2017 SCHEDULE

January 19 | "How to Achieve Your New Year's Resolutions"
Sanya Krenzelok, MBA
Hospital Development Program Manager
LifeCenter Northwest

Most of our New Year's resolutions have to do with changing habits and committing to self-improvement. Join us for Sanya's presentation on successful lifestyle change strategies to ensure you are achieving your resolutions. And then we'll take a 30-minute walk!

February 16

March 16

April 20

May 18

June 15

July 20

August 17



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