



HENDRICKS COUNTY WALKERS



THURSDAYS FROM 7:30AM-8:30AM

Do you like to get out and smell the fresh air, or get your blood pumping in the early hours? If so, than come join our **FREE NEW Walking Club**, the **Hendricks County Walkers**, offered by **Countryside Meadows' New Energy Wellness Program's Health Promotions Coordinator**.

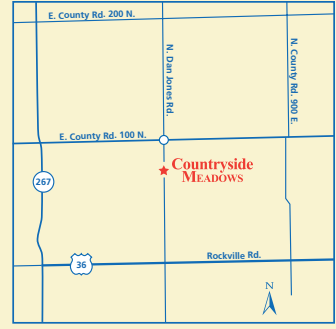
Starting Thursday, June 9th, the walking club will meet every Thursday from 7:30am-8:30am at the park behind the Avon Town Hall on US 36. The club starts with 1/2 hour of walking, followed by stretching exercises.

If interested, please contact Becca Janneck at 317-495-7200.

Countryside MEADOWS

NEW ENERGY WELLNESS, MOVING FORWARD REHABILITATION,
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