

MCRD SAN DIEGO WALKING GROUP

STARTS APRIL 4

Get out of the office! Come walk & talk with us!

**Mondays & Wednesdays at 1130
Meet at the flagpole**

All fitness levels welcome! Each walk will have several paces and turnaround points.

Every time you walk with us, you will earn an entry into a monthly raffle! Win prizes like pedometers, water bottles, and more!

REMEMBER!

- Wear comfortable shoes
 - Bring water
 - No headphones please
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LET US KNOW YOU ARE COMING!

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