



Put on your walking shoes....

for the ANNUAL WELLNESS WALK



Join RCH Health & Wellness, ISU Extension and Outreach, and Ringgold County Wellness Coalition for our annual 30 minute walk around the trail at Judge Lewis Park.

Meet at the shelter house south of the storm shelter/guard house for a group picture.

Water will be provided!



Date:
Wednesday, October 2, 2019

Time:
4:30 PM

Location:
Judge Lewis Park

An Affiliate of **MERCYONE**



**IOWA STATE
UNIVERSITY**
Extension and Outreach