



STARTING JANUARY 25, 2020 FOR 10 WEEKS SENIOR WALK AT LAKES PARK

For 10 weeks Bob Long will lead a fitness walk for seniors

Bob is a Certified Retirement Coach and also trained in Senior Fitness. We will be walking the many trails at Lakes Park. This walk is free, fun and is at your own pace.

Lakes Park does have a fee for parking like they do for all county parks.

We look forward to you joining us:

Sign up at: <https://www.novalifesfl.com>



Join others wanting to feel better and look better

All you need is walking shoes and comfortable clothing

Bring water

Lakes Park is the Jewel of Lee County, if you haven't walked here, it's time.

Kick off Jan. 25th will cover goal setting, tracking and support.

Options to walk with a group or on your own.

Brief educational talks about senior fitness

Celebration at the 10 week Milestone to reward participation

Every Saturday at 8:30 a.m. Meet at Train Station

QUESTIONS?

CALL: BOB LONG

239-560-2385