



# STEP2 T

Monday and Thursdays

January 30th through April 24th

5:30 PM

Norris Park (Check Facebook for updates on new locations)

Walking Groups- Beginner Running Groups– Advanced Running Groups

Residents of Cherokee County are encouraged to get healthier together while having fun with the FREE STEP2 IT wellness program. If your goal is to lose weight, reduce stress, lower your cholesterol, reduce your risk for heart diseases or diabetes, relieve your arthritis pain, get out and enjoy the outdoors, or to meet new people and have fun, STEP2 IT can help you get there.

All fitness levels are welcome. There are groups for beginning and intermediate walking as well as beginning and intermediate run/walk groups to build speed and distance.

**We are adding a group to train for the Red Fern Half Marathon!**

**For More information, contact**

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