Adair County Walking/Running Group

8-WEEK COURSE
MONDAYS BEGINNING
MARCH 16 AT 3:45 P.M.
Edna M. Carson Stilwell Community Park
1155 W Hickory St. • Stilwell, Okla.

Join community members and encourage better health for one another with this free walking/running group! Go at your own pace. Our goal is to build up to a 5K (3.1 miles). We will provide education, water and support to all participants.

It’s fun, family-friendly and healthy! All are welcome! For safety reasons, children under age 15 must have an adult with them to participate.

FOR MORE INFO:
Shaina Kindle, Public Health Educator
Cherokee Nation Health Services
918-316-7990
shaina-kindle@cherokee.org