

# FREE indoor walking

Kent4Health Presents

# ShoWalk

Through  
**MAY 31\***

9 - 11 AM

ShoWare Center  
625 West James Street

## DECEMBER 2016

Monday, December 12 (WD)  
Wednesday, December 14 (WD)  
Monday, December 19  
Wednesday, December 21  
Wednesday, December 28 (tentative)

## JANUARY 2017

Monday, January 9 (WD)  
Wednesday, January 11 (WD)  
Monday, January 23  
Wednesday, January 25  
Monday, January 30

## FEBRUARY 2016

Wednesday, February 1  
Monday, February 6 (WD)  
Wednesday, February 8 (WD)  
Monday, February 13  
Wednesday, February 15  
Wednesday, February 22  
Monday, February 27

## MARCH 2017

Monday, March 6 (WD)  
Monday, March 13  
Wednesday, March 15  
Monday, March 20 (tentative)  
Wednesday, March 22 (tentative)  
Monday, March 27 (tentative)  
Wednesday, March 29 (tentative)

**Kent4Health.com**  
**253-856-4YOU**

- Open to all ages and modalities
- Two levels for walking and stairs for extra cardio!
- Great for therapy and caregivers
- Monday and Wednesday\*
- Complimentary pedometer

*SIGN IN WHEN YOU ARRIVE. Other than service animals, no pets are permitted.*

*\*Dates may vary depending on the ShoWare Center schedule.*



**WD = Wellness Day** (Blood pressure checks, hydration station, and more)

As a friendly reminder to keep the upper hallways open, please keep strollers and wheelchairs on the lower level.

