

FREE indoor walking

Kent4Health Presents

ShoWalk

**NOVEMBER 14
to MAY 31***
9 - 11 AM

**ShoWare Center
625 West James Street**

NOVEMBER 2016

Monday, November 14 (WD)
Wednesday, November 16 (WD)
Monday, November 21
Wednesday, November 23
Monday, November 28
Wednesday, November 30

DECEMBER 2016

Monday, December 5
Monday, December 12 (WD)
Wednesday, December 14 (WD)
Monday, December 19
Wednesday, December 21
Wednesday, December 28 (tentative)

JANUARY 2017

Wednesday, January 4
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

Wednesday, March 1
Monday, March 6 (WD)
Wednesday, March 8 (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.

ShoWare
CENTER

