

# Walk & Talk

MCCS EFMP Office invites you to put on your walking shoes and join us in our weekly Walk and Talk. All people of all abilities are welcome. Join others at-your-own-pace and "Walk & Talk". Meet up at the O'Club Parking lot and take over a stretch of perimeter road. Bring your stroller or your leashed buddy and enjoy the fresh air!

Wednesdays

10 -11 am

Contact EFMP Office for More Info  
639-5277

