

FLAB-U-LESS Walking Group



Tuesdays and Thursdays
11:30 am—12:30 pm at The Dome
(enter in on the east side)

ALL ARE WELCOME!

For more information call
Irene 333-6429 or Sarah 333-6525

Sponsored by
Apache County Public Health Services District
Bureau of Chronic Disease and Health Promotion

COME WALK WITH US!

**WALK AT YOUR
OWN PACE...**

**BEGIN YOUR
JOURNEY TO
BETTER HEALTH
TODAY!**

