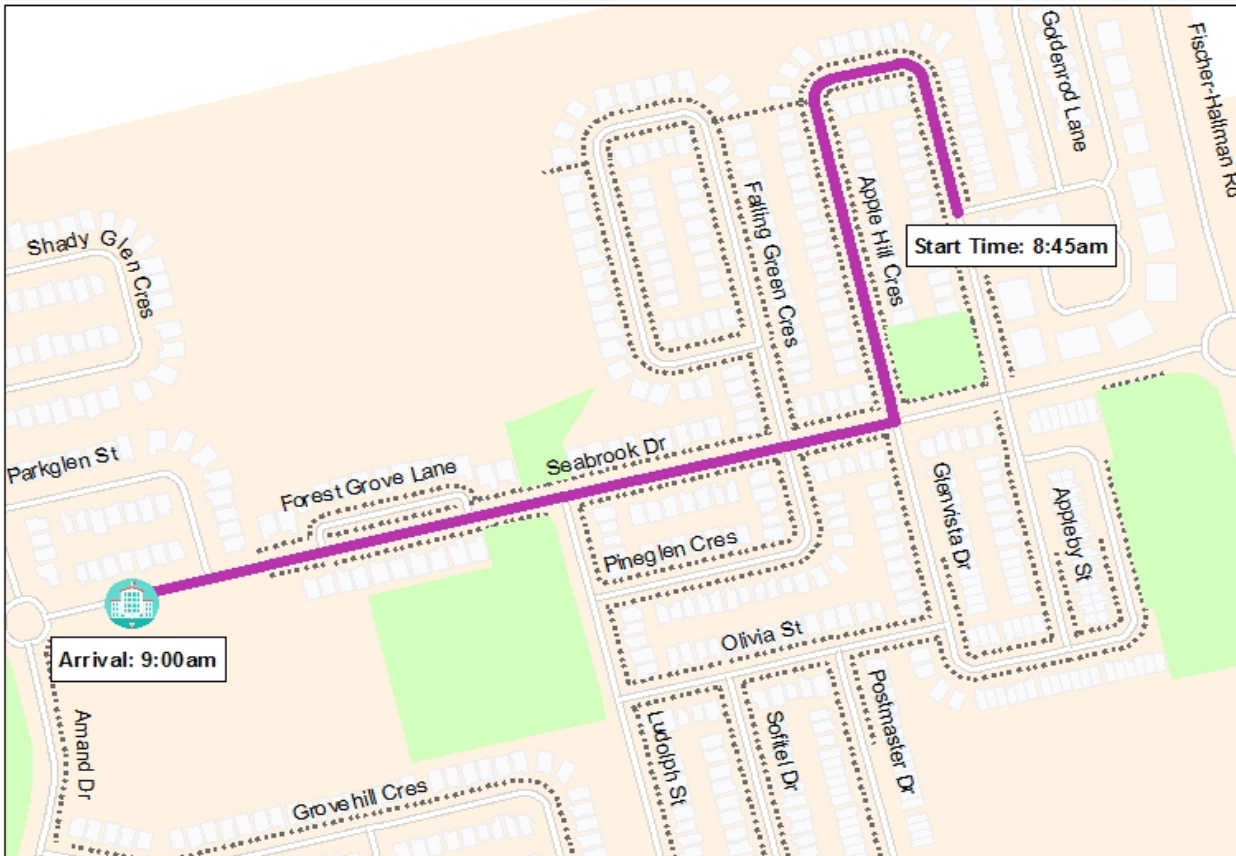




WINTER WALK DAY 2019



Walk with us **February 6th!**
You can meet our group along this route



Did you know?
Walking in the cold leads to greater heart conditioning and increased endurance!



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