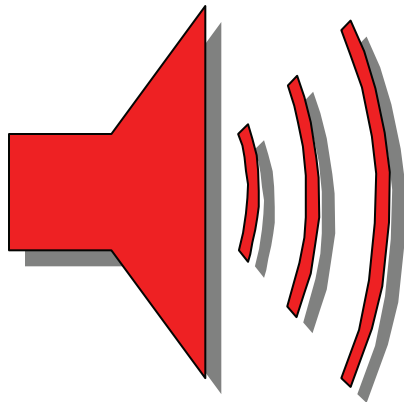


Come Walk With Us!

Join Rutherford County's Heart Walk team!

Get Ready for the Heart Walk with our warm up walks.



- Mon, Aug 16th
 - Mon, Sept 13th
- *11:30am at Patterson Park Community Center
- *4:45pm at Thompson Lane Trailhead

Walks lead by CareHere Exercise Physiologist, Kathy Mead, and Rutherford County Wellness Coordinator, Kelli Perrien. Email Kathy (kmead@carehere.com) with questions about the walk. Email Kelli (getrutherfit@rutherfordcounty.org) if you want to join the Heart Walk team.



CareHere!



Walk with Us!

- Join Rutherford County's Heart Walk team!
- Participate in training walks:
 - Monday, Aug 16th **and**
 - Monday, Sept 13th
 - 11:30a Patterson Park Comm Ctr
 - 4:45p Thompson Lane Trail Head
- Walks lead by CareHere Exercise Physiologist, Kathy Mead (kmead@carehere.com)

