



MIC COMMUNITY FITNESS INITIATIVE

Come Walk or Run With Us!

WHO: Anyone can participate.

WHAT: Low-key, non-competitive walk or run on residential streets near the Mable House. We will have groups and distances for various paces.

WHEN: Every Tuesday evening at 6:30pm.

WHERE: Mable House Complex, 5239 Floyd Road, Mableton, GA 30126.
Meet near the fence on the north side of the complex near the Amphitheatre.

COST: Weekly walk/run activity is FREE!

Don't forget to bring drinking water to stay hydrated

Participants must be in proper physical condition to walk or run. Persons under 18 years of age must be accompanied by a parent or guardian to participate.

Questions? konaya@att.net