

Wellness Walks/Wellness Talks Hosted by Grounds For Sculpture

A wellness program for mature adults who want to get into shape, enjoy the natural beauty of **Grounds For Sculpture**, and learn how to live an active, healthful lifestyle.

Walk begins at 9:30am, followed by talk and refreshments at 10:15am.

Dates and Discussion Topics:

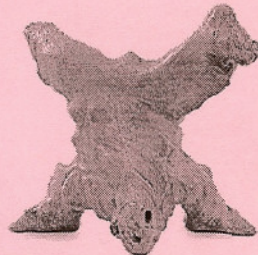
September 2 - Health Tips for Gardening and Working Outdoors
September 30 - Effective Exercise for Bone Health

Cost: \$10.00 (choose one session only)

Following the program you will have ample time to tour the Grounds for Sculpture at your leisure.

Bus leaves from St. Paul's church – 8:00am

Return departure time – 3:00pm



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