

FREE!

Walk the Talk



Spring 2017 Schedule

SALUDE

Get Moving Now!

Take a walk with healthcare professionals from Salude and learn about the importance of staying active, eating healthy, getting checked and being positive!

Program Details:

Walk the Talk is a free, informative walk with health and wellness professionals at an enjoyable, easy pace. Walks are held at various park trails and last about an hour.

Walk the Talk helps build and maintain physical activity, improve health, and decrease chances of developing chronic disease, while combining the expertise of health and wellness professionals discussing diverse health and wellness topics.

How to Enroll:

Register at www.gwinnettparks.com or contact [Marie Pinela](#) at 770.822.3197

All attending participants will receive a pocket Walker's Guide & Record Keeper!



www.livehealthygwinnett.com •   @livehealthygwinnett •  @LHGwinnett

Schedule and Topic:

Saturday, February 11

Heart Health

Alan L. Wang, MD, SFHM, FACP - CEO and Medical Director

Saturday, March 11

Healthy Nutrition in Today's Fast Moving World
Shonna Barkley, RD, LD - Director of Nutrition

Saturday, April 8

Rehabilitation: Let's Get Physical
Vickie Braun, OT - Director of Rehabilitation

Saturday, May 13

Physical Fitness: Pushing the Limit
Carrie Waldrop - Director of Activities

Time and Location:

9:00am-10:00am • George Pierce Park
55 Buford Highway, Suwanee