



HOW CAN THIS GROUP HELP YOU?

Improve Your Health

Increasing natural movement has a wide variety of health benefits.

Socialize

Get to know new friends and build a sense of community.

Connect with Nature

Revitalize both body and spirit by engaging with the outdoors.

Walk and Talk with a Registered Dietitian

What better way to casually talk nutrition-related topics?

COW CREEK HEALTH AND WELLNESS WALKING GROUP

Millsite Park in Myrtle Creek, OR

Meet at covered bridge at the southeast end of the park

**Every 2nd and 4th Tuesday of the month
9 - 10 AM**

Everyone is welcome to attend!

For more information, contact Claire Grubb, RD, at (541) 672-8533, ext. 5266