WALK FOR LIFE

Where: Optimist Walking Track and Gymnasium

When: June 1, 2015 until Oct. 31, 2015

Time: Mondays – 5pm to 7pm
Wednesdays – 5pm to 7pm
Saturdays – 10:00am to 12:30pm
(Walk and Weigh)

Walking Distance Goals:
Huntsville – Birmingham 101 miles
Huntsville – Memphis 215 miles
Huntsville – Mobile 256 miles

Charts: Staff or individuals can keep records of the number of miles walked. Charts will be handed out each month by staff.