



# Walk for Wellness Oneida Fitness


**Join us for 2 mile walks in October!**

**Monday October 8,**

**Monday October 15**

**Monday October 22**

**Monday October 29**



Participants who complete all 4 walks will receive a free t-shirt

Limited shirt sizes and quantities available

**Walks begin @ 5-5:30pm (meet at Service Desk)**

**No Registration Required**

**Participants will receive 1 t-shirt (long sleeve) upon completion of all 4 walks**