



FREE WEEKLY WALK/RUN

Every Wednesday Evening (Rain or Shine)
Check-in begins at 5:15pm

Stretch and Strength
Walk or Run Up to 5K
DocWalk with physician leaders
Tai Chi
Free Incentive awards
Free Raffle
Restaurant discounts
Music

Bring Friends & Family - Strollers & Dogs Welcome!

Thanks To Our MMW Sponsors

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Meet Me Wednesdays
at
St. Philip's Plaza
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www.meetmewednesdays.com



520 548-3741