



Fit After 50 Fitness Walk

Join the fun at the **Fit After 50 Fitness Walk** at Swanston Park! Bring in the spring and jumpstart your fitness goals with this special walk.

1/2, 1, and 2 mile distances are available.

Friday, April 23rd

9:00 am - 11:00 am

Swanston Park

\$2.00 Entry

Please R.S.V.P. by April 19th

Enjoy nutritious food, **free t-shirts, free demos on the Wii Fit Program and great door prizes!*

**While supplies last*

Call 333-6464 for more information.



Swanston Community Center, 2350 Northrop Ave., Sacramento, CA 95825