

January 12, 2018

SJV Health and Wellness Ministry

**For inclement weather we will follow the Calvert County school inclement weather policy
(when schools are closed all exercise programs will be cancelled).**

Walking Groups – Various days, times and locations – FREE

*Walk at your pace and however many laps you can – no commitment
wear proper support footwear and bring water
dress appropriately for the weather, if walking outside*

Monday

10:30 a.m. to 11:00 a.m.

SJV Campus – please contact Carol for exact location on campus
Carol Santivasci - walking group leader
410.586.2995 or email: carolsantivasci@hotmail.com

Monday

7:00 p.m. to 7:45 p.m.

Starts Monday, January 8, 2018

Family Life Center / Sullivan Room

This is an indoor walking exercise program to a DVD

Lynda Strain –walking group leader
301.466.4184 cell/text or email: LadiesCircle@sjvchurch.net

Wednesday

Noon to 12:30

Meet at Parish Center Entrance
Thomas Voegtli – walking group leader

Saturday

8:45ish (after 8:00 a.m. mass) to 9:30ish

Family Life Center / Sullivan Room

This is an indoor walking exercise program to a DVD

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