

March 28, 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*

Hike on your own

*Hike at your own leisure at the best time for you
Parker Creek Trail Head next to the Family Life Center*

Monday, Wednesday, Friday

9:30a.m. to 10:00 a.m.

Calvert Pines Center

FREE Physical Fitness Program for individuals Age 50+

“Walk the Beat”

More information available at: www.co.cal.md.us

*– search for “Bimonthly Newsletter” or pick up a newsletter at the
Dares Beach location. Phone 410.535.4606*

Monday

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

SJV Campus – please contact Carol for exact location on campus

Carol Santivaschi - walking group leader

410.586.2995 or email: carolsantivaschi@hotmail.com

Wednesday

Noon to 12:30

Meet at Parish Center Entrance

Thomas Voegtli – walking group leader