



Nacimient Community Foundation
Healthy Communities, Cuba, NM



2011
Winter Weekday
Wellness Walks

Wednesday 12pm – 12:30pm
@ PMS Health Center

Monday 1pm – 2pm
Friday 2:30pm – 3:30pm
@ Cuba Independent School Campus

Movement makes us feel better and improves health and well-being!

Meet you friends, co-workers, and community members for fun, physical activity to uplift and rejuvenate yourself. You can de-stress, get stronger, improve mobility, manage weight, and boost immunity.

Even a few extra minutes of movement in our day can make us feel better!

For more information call Anna: 505-289-3718 or 505-288-2733

Email: walkingchampion@stepintocuba.org

www.stepintocuba.org

