

Join us for a walk around the neighborhood!



Let's walk and talk with a Specialist...

When: Wednesday, July 28th at 12pm and 12:30pm


Where: Starting point at CRC front entrance

You will have an opportunity to ask wellness-related questions while also receiving tips and advice on living a healthy lifestyle. This will be a half hour walk with time afterward for further discussion.



- Health Coach, Ariffa Bevin and Nurse, Jane Ellis and Nutritionist, Ashlee Schmidt will be on hand for the walk
- Earn Life Points from CDPHP if in a participating group

*RSVP by 7/26/16 to Sara@
sgoodwin@ceoempowers.org

 FACEBOOK.COM/CEOCAP

 TWITTER.COM/CEOCAPNY

Learn more 

Sara Goodwin

(518) 272-6012 EXT. 283

www.ceoempowers.org/programURL