



Join us for a refreshing...

Wellness Walk

A perfect way to boost your mood, move your body, and connect with your community!

**EVERY FRIDAY
MAY-JUNE
10AM**

All ages and fitness levels are welcome

Register for updates on weekly location. All trails are in Polk County.

To register, please visit:

www.foreverfreecf.org
or text
828-826-1959

Sponsored by:



WALK,
BREATHE,
RECHARGE

Forever Free
COMMUNITY FOUNDATION

A "Mental Health for ALL" Project