



Hey Let's Walk VII

A Grassroots Effort focused on bringing Awareness, and Encouraging positive Physical Engagement



Councilwoman Andria McClellan of NFK, Dr. Robert Guffey, Pastor of FSBC, and my grandmother (M.Elizabeth Staton) at the western end of the trail. 2019 We did one mile a month until we completed the entire trail.

2017 I took my first official walk along the Elizabeth River Trail. It was an explorative effort. At the time, The City of Norfolk was working on major upgrades to Eastern section of Norfolk. One of the amenities I was pushing for was a Community Outdoor Workout center. At the time, SOME of US only saw a few economic ways to exit poverty; one of those being the Military, which has a physical fitness exam, many could not pass. My hope was to create a culture that focused on the importance of physical health.

Health & Engagement

The African American community as a whole struggles to find positive ways to engage, and encourage the conversation around Health and Wellness. That is the hope of these walks; to spread, and encourage positive conversation and change pertaining to the health and wellness all.



Sam Broughton & I. Together we walked the ERT everyday of February 2023. He is the innovator of MIAG. "Movement Is A Gift"



Jasmin of HiitMamaFit. Doing A Walk ALONG the ERT. She Is Scheduled to do a Mini Fit Camp during HLWvii



HenCho a local Cycling Advocate who mission is to make sure all experience the physical and mental wellness connected to biking

This Installment of Hey Let's Walk

It seeks to do more than just walk. It is believed that change, even though hard is necessary in order to maintain a health culture. Evolution keeps us strong in mind, and most importantly in body.

So this year I am adding to the walks; because when I say, all is welcome, I want it to mean ALL is welcome. We are doing Things like a —

1. Mini Fitness Camp with J or HiitMamaFit
2. Take a Ride with Spinlucison; who desires to take you on a nice stroll of the ERT.
3. Just going for a Group Walk or Run
4. Bring Your Bike, and join Hen Cho, A local Bike Advocate as he leads a tour through the ERT, both now, and In Future.

Also added is a time to just chill out, network, and Engage.



Neptune Fury Coffee, located inside Dominion Tower, is the brain child of Jason Walker; who is opening his doors, specifically for this event...

We are inside the coffee house, not just enjoying to cool AC, but chatting it up with some of the awesome-sauce friends who will join us for this super event.



Christina and I, who is the Co-Founder of FreeLife LLC, an organization focused on providing safe spaces to people dealing with substance issues.



Diane and Rosie, Founders of Spinlucison, and org dedicated to helping all explore the region

SCHEDULE OF EVENT

Saturday July 29, 2023

8-11am

The Opening Ceremony -8am

Gathering on Concrete Island

Welcome, Special Shoutouts and Layout of Event

Mini Fitness Camp - HittmamaFit

-The Adventures- 9am

Bike Ride - Lead By HenCho

Walk - Lead By EDB

Spinlucison Rides - Lead By Diane & Rosie

The Fellowship Hour - 10am

We will in partnership with Christina Kimbrough, Freelif LLC, lead a time of conversation and connections with various members of the community, as well chances to engage with our business, social, and civic neighbors.

The Expo - 1130

This is a time to get to know some of the Awesomesauce organizations in NFK and beyond. Some 15+ organizations and creatives will share who they are, and why they believe the community would benefit from there work.