



Lunchtime **WALK SERIES**

Every Thursday: April 4 - June 6
11:00-11:45 A.M.

Walking makes your heart stronger, boosts your vitamin D reserves, is a natural energizer, lowers your anxiety, and will reduce your chances of diabetes.

Every Thursday walk the river front, starting at Catering and Conference Center Turnstile, Bldg. 211

Participants must:

- Fill out a liability waiver before their first walk
- Receive a punch card
- Don't forget: CAC, Water Bottle & Walking Shoes

Participate for PRIZES!
Walk 5 times and receive a Prize.
Walk 10 times for a Grand Prize.

Walk will be canceled if weather is high heat or rain.
Open to all eligible patrons. FREE

For more information, call the Fitness Center
Front Desk at (202) 433-2282.



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NSA WASHINGTON

