

The DOT Organization, Inc.

Dreams of Tomorrow

presents

ONE STEP AT A TIME WALKING PROGRAM

Please come join "The DOT Organization" walking program. This is a 1 1/2 hour program lasting six (6) weeks. This will help you find new ways to make walking for fitness a natural part of your life. Learn strategies to move toward your goal of increasing your physical activity and improving your fitness level.

When: **Weekly Sessions:**
EVERY SATURDAY,
August 24, 2019 through
September 28, 2019
Walk will be cancelled on rainy days.

Time: **8:45 am warm-up and**
2 mile walk begins at 9:00 am

Where: **New Brooklyn Park - Amphitheater**
Sicklerville, NJ 08081

Cost: **FREE**



**Be
Healthy**

Come Walk with us for better health!

for more information call The DOT Organization, Inc. at (856) 262-3878

REFRESHMENTS SERVED

SPONSORED BY:

**Drs. Gilbert & Elinor Smith, Associated Counselors, P.A., Sicklerville, NJ and
Bishop & First Lady Ed Wilson, Mt. Zion Pentecostal Church, Williamstown, NJ**