

# Get Healthy

*Kewaunee County*

**FREE  
Weekly Community  
Walking Groups**

**Beginning in May:**

**Luxemburg:  
Tuesday Nights  
6 p.m.  
Harvest Community  
Church Parking Lot  
Led by: Prevea Health  
(May 7 - September 24)**

**Algoma:  
Wednesday Nights  
6 p.m.  
Algoma Community  
Wellness Center  
Led by: DCMC - Algoma  
(May 1 - August 28)**

**Kewaunee:  
Thursday Nights  
6 p.m.  
Kewaunee High School  
(By Tennis Courts)  
Led by: Kewaunee Fitness  
Center  
(May 2 - September 26)**

**All walks will last about  
one hour. Walk at your  
own pace.**



**Looking for someone to walk with?**

**Need to get in shape?**

**Want to meet new people?**

**Need a way to reduce stress?**

Join us for a community walk each week. We will be offering FREE community walks in Algoma, Kewaunee and Luxemburg starting this May. Walks will take place on Tuesdays in Luxemburg, Wednesdays in Algoma and Thursdays in Kewaunee. Each will last approximately 1 hour.

You can walk at your own pace as far as you would like to go.

Bring a friend, family member, or pet. Got a little one in a stroller...bring them along.

All are welcome!

*Contact Kewaunee County Public Health Department  
for further information at 920-388-7160.  
This is an initiative of the Kewaunee County  
Nutrition & Physical Activity Workgroup.*