

## SCOPE Diabetes/Obesity Announces

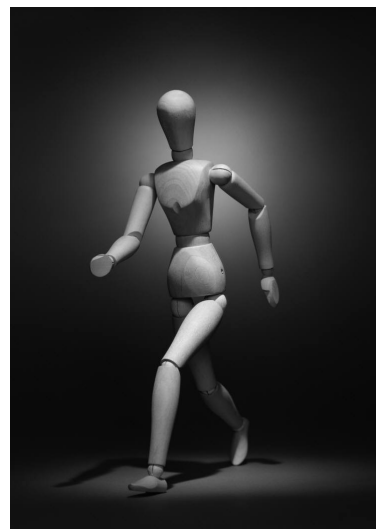
February 19, 2005

9:00 AM Finley Gym Kickoff

# WALK TO WELLNESS

- ♥ 8 weeks / walking or running/ 3x week/ 20 minutes
- ♥ No fancy clothes or equipment required
- ♥ Everyday walking counts toward daily total
- ♥ Relieve stress
- ♥ Feel healthier

Registration forms available at **SCOPE, Curves, C&C Fitness, NM Tech Gym, Finely Gym, City of Socorro**



### More Incentives

- **FIRST 100 PRE-REGISTRANTS ATTENDING KICKOFF GET A FREE Pedometer!**
- **FIND A WALKING BUDDY!**
- **GET WEEKLY FITNESS AND NUTRITION TIPS!**
- **FIND OUT HOW YOU COULD HAVE FREE ENTRY INTO THE LOCAL APRIL 16, 2005 5K RUN OR 1 MILE FITNESS WALK!**

#### CONTACT CAMILLE

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