

FALLBROOK REGIONAL HEALTH DISTRICT

Serving Bonsall, De Luz, Fallbrook & Rainbow

Call to Activity

Wellness—One Step at a Time

Wellness Walk

Friday, March 3, 2017

1:00 p.m.

Meet in the patio

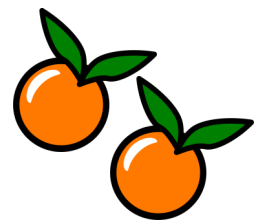
area at the Fallbrook Library

124 S. Mission Road

Led by Sandra Buckingham, E-RYT 200, RYT 500
Registered Yoga Teacher, Certified SilverSneakers Instructor
& Continuing Education Provider



**FREE PEDOMETERS
TO FIRST 100 WALKERS**



Proud to be a partner of:



**LIVE WELL
SAN DIEGO**

**FRHD MISSION
Promoting health for the
people of the District**