

**Celebrating Our New Name**

# **FALLBROOK REGIONAL HEALTH DISTRICT**

**Serving Bonsall, De Luz, Fallbrook & Rainbow**



**Call to Activity**



**Wellness—One Step at a Time**

## **1st Wellness Walk**



### **Wednesday, February 1st**



### **10:00 a.m.**

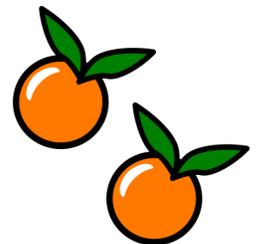
**Fallbrook Community Center**

**341 Heald Lane, Fallbrook, CA 92028**

**Walk with Ann Wade, BA, RYT, AFAA**



**FREE PEDOMETERS  
TO FIRST 100 WALKERS**



Proud to be a partner of:



**FRHD MISSION**

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

