



wanna walk together?

WHAT: Neighborhood Walking Group

WHEN: Two days a week for 30-45 minutes...*let us know what time works best for you below!*

HOST: Dawn Madsen (we live at 1234 Park Ave.)

WHO: Gals who live in our neighborhood (*we'll leave the kids at home! ;)*

WHY: To get to know each other better & to be a little more active!

WHERE: We'll meet at the end of our driveway, you can walk or drive over!

HOW: To join in, feel free to text or mail this back!

Your Name: _____

Phone Number: _____

Yes, please text me updates!

What days & times work best? Check the ones that work for you!

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|----------------------------------|----------------------------------|-----------------------------------|----------------------------------|------------------------------------|----------------------------------|----------------------------------|
| <input type="checkbox"/> Sun. AM | <input type="checkbox"/> Mon. AM | <input type="checkbox"/> Tues. AM | <input type="checkbox"/> Wed. AM | <input type="checkbox"/> Thurs. AM | <input type="checkbox"/> Fri. AM | <input type="checkbox"/> Sat. AM |
| <input type="checkbox"/> Sun. PM | <input type="checkbox"/> Mon. PM | <input type="checkbox"/> Tues. PM | <input type="checkbox"/> Wed. PM | <input type="checkbox"/> Thurs. PM | <input type="checkbox"/> Fri. PM | <input type="checkbox"/> Sat. PM |

Feel free to mail this back -or- text a picture to me! (952) 555-5555