

FREE indoor walking

Kent4Health Presents

ShoWalk

Through
May 29*

9 - 11 AM

Mondays, Tuesdays, and Wednesdays

ShoWare Center

625 West James Street

April 2019

Monday, April 1
Tuesday, April 2
Wednesday, April 3
Monday, April 8 (WD)
Tuesday, April 9
Wednesday, April 10 (WD)
Monday, April 15
Tuesday, April 16
Wednesday, April 17
Monday, April 22
Tuesday, April 23
Wednesday, April 24
Monday, April 29

May 2019

Wednesday, May 1
Monday, May 6
Tuesday, May 7
Wednesday, May 8
Monday, May 13 (WD)
Tuesday, May 14
~~Wednesday, May 15 (WD)~~
Tuesday, May 28
~~Wednesday, May 29~~

WD = Wellness Day - Blood pressure checks, hydration station, and more.

KentWA.gov
253-856-5000

- Open to all ages and modalities
- Two levels for walking and stairs for extra cardio!
- Great for therapy and caregivers
- Complimentary pedometer

SIGN IN WHEN YOU ARRIVE. Other than service animals, no pets are permitted.

Enter West side of building

**Dates may vary depending on the ShoWare Center schedule.*

