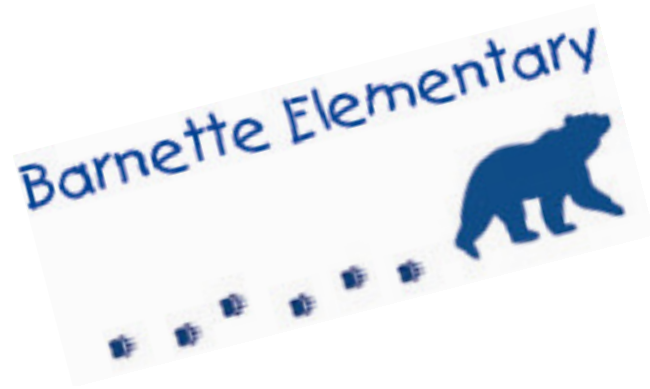


Making Bear Tracks



Date: October 24, 2012

Time: 3:45 pm

Location: Carrington Ridge



Come join us in exercising for a good cause! Since this is "Pinktober", we will be walking for a cure. You are encouraged to wear pink. Dress out ALL day. The wackier the better!

Please join us for a community walk. Let's take the time to visit with our colleagues and school community to release some stress.

"Exercise in almost any form can act as a stress reliever. Being active can boost your feel-good endorphins and distract you from daily worries."

-Mayo Clinic Staff