

# COMMONHEALTH POLAR BEAR WALKING GROUP



If you want to take a not-too-strenuous walk in cooler weather...

Meet CommonHealth Walk Leaders at  
**James Monroe Bldg. Main lobby** at  
**12 noon** on

**Tuesdays and Thursdays** until spring  
really gets here.

Dress for the weather and wear  
comfortable walking shoes!

Questions or Comments? Write [Wellness@dhrm.virginia.gov](mailto:Wellness@dhrm.virginia.gov)