

Free!

Walk the Talk

Hit the trail, get moving and get informed!

Take a walk with knowledgeable health professionals at an enjoyable, easy pace. Walks are held at various park trails, last about an hour and are open to all ages. Experts will discuss diverse health and wellness topics while helping you build and maintain physical activity.

Wear comfortable shoes and bring a water bottle.

Saturday, August 10

9:00am – 10:00am

McDaniel Farm Park

3020 McDaniel Road

Duluth

*National Breastfeeding Month
with Children's Healthcare of
Atlanta - Strong4Life*

Saturday, September 14

9:00am – 10:00am

Alexander Park

800 Old Snellville Hwy

Lawrenceville

*National Food Safety
Education Month with
UGA Extension Gwinnett*

Saturday, October 19

9:00am – 10:00am

Alexander Park

800 Old Snellville Hwy

Lawrenceville

*National Breast Cancer
Awareness Month with
Gwinnett Medical Center*



770.822.3197

Carion.Marcelin@gwinnettcounty.com

LiveHealthyGwinnett.com