

Walking For Well-Being West Seattle*

*Sponsored by Waypower Coaching



Movement & Community!

Walk with fellow West Seattleites in and around Lincoln Park on both Wednesday and Saturday mornings at 10:00 AM and also on Thursday evenings at 6:00 PM --Rain or Shine.

Join us at the corner of 47th Ave SW & Fauntleroy Way SW (across from the 76 Gas station). We leave promptly at the listed start times, so please plan to arrive early. The start is next to the C-Line bus stop at SW Webster St and features plentiful street parking.

This free weekly walk is organized by Julie Garbutt of Waypower Coaching and takes place at a conversational pace covering 2.5 miles in about an hour. All fitness levels are welcome.

Contact julie@waypowercoaching.com for more information.



Join us weekly to walk & talk in Lincoln Park.

Walking weekly with others makes it fun!

Whether you're looking to improve your health, make new friends, or simply enjoy the great outdoors, our group has something for you. *We look forward to meeting and walking with you at Lincoln Park!*



Feel healthier-- mentally and physically!

Moving and connecting socially with others is important for our physical and mental health. Come make some new friends who share your values around health and who are supportive of your goals.

Scheduling your movement makes it happen!

"The fact that I have committed to walk those particular times gives me the extra nudge to make it happen." --Michele

"I really appreciate having a structured walking group to keep me accountable and get me motivated to get exercise, rain or shine." --Wendy.



Walking For Well-Being West Seattle* is a great way to start making progress on your health and wellness goals.

[Sign-up](http://WaypowerCoaching.com) at WaypowerCoaching.com

150 minutes = the amount of physical activity adults need each week.

150 minutes may sound like a lot, but just two walking sessions each week can satisfy 120 minutes of this moderate-intensity activity requirement. Don't miss out on this opportunity to join a welcoming community of walkers.