

The Secret to Good Health

“It’s a walk in the park”



LOCUST SHADE PARK (John Palmer trail)
August 26 at 4 PM | FREE Health Tips | FREE Water
Come and Bring a Friend!

Stafford Seventh-day Adventist Church | (540)216-2190 | health@staffordsda.org

Benefits of Stafford SDA Church Sponsored Health Walks

- Enjoy walking outdoors in nature with a friendly group of people.
(Outdoor exercise lowers blood pressure, reduces stress, helps with insomnia, and its FREE—Washington Post, April 12, 2023.)
- Discover the beauty of the local parks in Stafford County, Virginia
- Get the health and wellness benefits of walking.
- Enjoy the safety of walking with others.
- Health and wellness tips are distributed at the end of each walk.
- Refreshing bottled water is provided FREE of charge.
- Open to everyone in the community.
- Monthly (3rd Saturday) walks at different locations in Stafford.