

# **“20 Weeks to the 20K”**

**Preparing to Walk the Ogden Newspaper Distance Classic**

**Mason Rehab Center – Elm Grove**

**4:00 – 5:00 PM repeating at 7:00 – 8:00 PM**

**Join us for all or any session. The "20 Weeks to the 20K" Walking Clinic will help whip you into shape and better health. To register, call Holli Smith at 695-3683.**

FEBRUARY 12 -Dressing For and Train During Nasty Weather. *Kim Butler & Ricky Moore*

FEBRUARY 19 - Avoiding injury, caring for minor aches and pains. *Dick Lambie & Julie McGee*

FEBRUARY 26 - Walking for Stress Reduction. *Dr. Bob Galbreath*

MARCH 5 - Placing Your Feet on Cloud Nine: This Shoe's for You! *Joe Winnesdorffer*

MARCH 12 - Walking as Sport. *Mark Fenton*

MARCH 19 - Training at the Dinner Table. *To be announced*

MARCH 26 - The Heart of a Good Workout. *To be announced*

APRIL 2 - Walking your Dog to your good Health. *Dr. Adrian Bauman*

APRIL 9 - Walking for Life: Surviving Cancer. *Nancy Toto*

APRIL 16 - Caffeine and Supplements to Boost Energy: Hype or Health? *John Nally & Dr. Felicia Greer*

APRIL 23 - Strength Training for your Bones. *Kathy Campbell*

APRIL 30 - Walking through a Busy Schedule. *To be announced*

MAY 7 - Keeping at it: Consistency for Lifetime Enjoyment. *Hugh Stobbs & Dr Lee Jones*

MAY 14 - A Word from Everyday Walkers.

*Cheryl Fanning, and Jim Ferns, Samantha McKee, and Cecile Steele*

MAY 21 - Walking to Lift your Spirits. *Dr. Bill Reger*

Sponsored by the Ohio Valley Runners and Walkers Club, West Virginia University School of Medicine, and the Wheeling Ohio County Health Department