

HEART HEALTHY MALL WALKS

RSVP

February 2025



FRIDAYS, FEBRUARY 7, 14, 21, AND 28

JOIN US!

▶ 8 A.M. TO 9 A.M.

AT LA PALMERA MALL

▶ 5488 S. PADRE ISLAND DRIVE
MEET AT UPPER LEVEL,
NEAR PLAYGROUND

WALK AT YOUR OWN PACE.
DISTANCE MARKERS ON ROUTE.
WATER & HEALTHY SNACKS AVAILABLE.
GIVEAWAYS AT THE END OF EACH WALK.

REGISTRATION IS NOT REQUIRED.
MORE INFORMATION,
CALL 361-826-3136.

