

This Month's "Fit for Life" outing is ...

A SCENIC THREE-MILE WALK AT THE CHATTAHOOCHEE RIVER!



568 Interstate North Parkway, Marietta, GA

Who: You! Page Love and the fun group of "Fit for Life" members

What: a three-mile walk on one of the Chattahoochee's fabulous nature trails

When: Saturday, March 31st, at 4:00 p.m.

Where: See the directions on the right!

Why: To get your heart pumping and realize that exercise can be fun and enjoyable!

From eastbound Interstate 285

- Take exit 22, Northside Drive, New Northside Drive, Powers Ferry Road.
- Go to second traffic light and go left onto New Northside Drive.
- Use "through" lane to pick up Interstate North Parkway.
- Unit will be .8 miles on the right after crossing the Chattahoochee.

From westbound Interstate 285

- Take exit 22, Northside Drive, New Northside Drive, Powers Ferry Road.
- Right on New Northside Drive.
- Use "through" lane to pick up Interstate North Parkway.
- Unit will be .8 miles on the right after crossing the Chattahoochee.

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