



FREE Walk ‘n’ Talk with your own RD!

Starting Wednesday, July 17 at 8 a.m.



We are offering a new way for you to access the expertise of a Registered Dietician, while getting regularly scheduled exercise!

“Walk ‘n’ Talk with the RD” sessions are led by Page Love, MS, RD, LD. You will receive one-on-one attention, expert advice, and answers to your

questions about nutrition, fitness, and health as you enjoy a brisk walk in the Perimeter area near our office building.

These sessions, though, have the added benefit of a 30- to 45-minute walk in the fresh air, which stimulates your cardiovascular system, increases energy levels, helps with weight management, and has many other proven benefits. If you have ever wanted the motivation and discipline of an appointment to walk, these sessions are for you!

SESSIONS WILL BE HELD STARTING THIS JULY AT 8 A.M. ON WEDNESDAYS AND BEGIN AT THE WEST LOBBY ENTRANCE. CALL 770-395-7331 TO SIGN UP!