

# "Walk For Mommy & Me"

**Saturday, April 18, 2015**

**10:00 a.m. to Noon**

**(No Rain Date)**

The event will be held at Carpenter's Park in Milton off Munson Highway. Participants will register and then walk throughout the park. Vendors will be set up in the park giving out information and incentives. There will be activities for the children. Special appearances will be made by McGruff, crash dummies and other characters. As part of Florida's Healthiest Weight Campaign the walk is a great way to emphasize the importance of physical activity and good nutrition as part of a healthy lifestyle.

Everyone who participates will receive an entry to win one of our special prizes. Drawings will be held that day.

You must be present to win.

For more information please call 983-5250.



# Mommy, Me & Family

Sponsored by the Florida Department of Health at Santa Rosa County  
WIC Program and the Santa Rosa County Health Department  
**#HealthiestWeightFL**