



Walking/Running Group



*Come out and join the fun learning and being holistically fit & well.
Summer is here. No more excuses. It's time to take control.*

Join Darryl Clark and group, on Saturday mornings 8:00 – 9:00 AM in beautiful Cedarbrook Park in Plainfield (across from the pond) and learn about the latest in fitness and health.

- ◆ **Help: de-stress, lower blood pressure & blood sugar, build immunity, manage weight, and more!**
- ◆ **Learn the beneficial mechanics of power walking, breathing, and safe running techniques.**
- ◆ **Receive our weekly news announcements with current wellness info and upcoming events.**
- ◆ **Have a support group to get and/or stay in shape.**

We talk about the benefits of exercise but more importantly we walk the talk at your own pace setting goals and reaching them.

ALL FITNESS LEVELS ARE WELCOME

Don't miss out on this great opportunity to be a part of this amazing group at Cedarbrook Park for fun & fitness. Bring family & friends to walk the talk with us.

LOOKING FORWARD TO SEEING YOU SATURDAY!

I am a certified naturopath, herbalist and nutritionist. I have been running/walking as a health advocate in the community for over 15 years and I know the value of holistic health and fitness (mind, body, and spirit).

Any questions, contact me at: darryl_cla18@msn.com or at 908-612-7810