



# Walk & Talk

## Mutual Aid on The Move

Join us for a time to work on our wellness together.  
Enjoy eachother's company as we exercise together.  
Walking not required

Meeting every other Friday at King of Prussia Mall  
Beginning Friday, August 23rd at 11:00AM  
Meet at Food Court on 1st Floor

## Schedule

Friday, August 23rd  
Friday, September 6th  
Friday, September 20th

Questions: Contact  
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**Creating Increased Connections**  
A program of Resources for Human Development