

# EAU CLAIRE WISCONSIN WALKS



## OCTOBER

### WALK TALK FOR SENIORS

L.E. Phillips Senior Center - 1616 Bellinger St., Eau Claire, WI

MON. - OCT 5th

1:30pm - 2:30pm

### BE FIT FORUM II: BUILDING HEALTHY COMMUNITIES FOR THE 21st CENTURY

Mayo Clinic Health System Auditorium - 1221 Whipple St.  
Eau Claire, WI

TUES. - OCT 6th

1:00pm - 5:00pm

### INTERNATIONAL WALK TO SCHOOL DAY

Roosevelt, Sam Davey, Putnam Heights, Sherman, Northwoods, Meadowview

WED. - OCT 7th

### WALK WITH CITY OF EAU CLAIRE ENGINEERS DAVE SOLBERG AND LEAH NESS

Hibbard Hill - corner of Garfield Ave. and Park Avenue - UW-Eau Claire

FRI. - OCT 9th

12:00pm - 1:00pm

### NURSING ALUMNI HOMECOMING WALK & BREAKFAST

Nursing Building - University of Wisconsin Eau Claire

SAT. - OCT 10th

8:00am - 10:00am

### HEALTHY TRAILS: A PRESCRIPTION TO LIVE LIFE BETTER

Phoenix Park - 330 Riverfront Terrace (by the flags), Eau Claire, WI

SAT. - OCT 10th

9:00am - 10:00am

Online activity tracker that awards money to schools for promoting walking and other healthy activities. Sign up at: [WI.FireUpYourFeet.org](http://WI.FireUpYourFeet.org)

FIRE  
UP  
YOUR  
FEET!



WISCONSIN  
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[ShareAndBeAware.org](http://ShareAndBeAware.org)