

WALK A HOUND, LOSE A POUND

Are you ready? Walk a hound is back!! Help a CMHS dog get some much needed exercise and fresh air while walking for better health.

2010 Schedule

Walking Sessions are on Saturdays at 8am, 9am, and 10am (choose one or all three!)

- **Session 1- April 3, 10, 17, 24**
- **Session 2- May 1, 8, 15, 22**
- **Session 3- June 5, 12, 19, 26**
- **Session 4- July 10, 17, 24, 31**
- **Session 5- Aug. 7, 14, 21, 28**
- **Session 6- Sept. 4, 11, 18, 25**
- **Session 7- Oct. 2, 9, 16, 23**

The cost is \$10 per session. To register, call Parks and Recreation at 874-7460 or go online at www.GoColumbiaMo.com

