

# **Monday Midday Miles**



**Come walk with us at the Williamsburg County Recreational Department**

**When: Every Monday**

**Time: 12:00pm-12:45pm**

**Have fun while you walk and lose pounds all while listening to great music**

**We will get the whole body moving**

**Not just your old boring walk, walking for a purpose**

**Contact: Angela Watson (843)355-5004 ext 4204**