

# LOSD Walking Clubs



**Green Acres “Sole Mates”**  
Walking Club

**Wednesdays @ 2:30**

- To get moving and active for our health and stress reduction!
- We'll meet trackside at 2:30 and walk for 15 or more minutes. Let's decide where we go next...The cemetery or neighborhood?
- Bring your walking shoes and your H<sub>2</sub>O

**Live Oak**  
Walking Club

**Monday - Thursday @ 2:45**  
**Fri @ 1:45**

- Meet us at the track.
- Join us for some or all of the walk!

**Del Mar**  
Walking Club

**Tuesday & Thursday @ 2:30**

- No need to sign up, just show up!
- Meet at the flagpole
- We'll walk to Sunny Cove

**District Office**  
Walking Club

**Tuesday & Thursday @ 2:00**

- Meet in front of the DO
- Join us for this stress relieving break from computers!

**Shoreline**  
Walking Club

To Be Decided

**Ocean Alternative**  
Walking Club

To Be Decided

**#WellnessLOSD**