



# Together, we can reach our 2022 Wellness Goals!

Student Life is bringing the fitness and fun to YOU!  
Join us for an indoor Power Walking session to help you  
walk your way to WELLNESS.

## Tuesday, January 25 Power Walks

Coweta Campus  
Community Room  
10 AM

LaGrange Campus  
Fitness Center  
2:30 PM

## Wednesday, January 26 Power Walks

Carroll Campus  
Classroom 212  
10 AM

Murphy Campus  
Fitness Center  
10 AM

Douglas Campus  
Community Room  
2:30 PM

Click or scan with your phone camera to join us  
virtually on January 26 at 4:30 pm

<https://bit.ly/3nqBJ82>



**FOLLOWING THE POWER WALK , SIGN UP FOR THE WEDNESDAY  
WALKING CLUB & GET YOUR FITNESS CENTER CARD**

Coweta: 10:30AM - 11:30AM   LaGrange: 3PM - 4PM  
Carroll & Murphy: 10:30AM - 11:30AM   Douglas: 3PM - 4PM