

# Get walking

Create a more vital, calmer, happier you



Seven times  
around the  
courts equal  
one mile!

Bring a  
friend and visit  
as you walk!

Nine times  
around the  
turf equals  
one mile!

**New Century Fieldhouse**

**551 New Century**

**New Century, Kansas**

Walk indoors  
away from  
the weather!

**Get on your  
feet  
It's fun!**

**Monday thru Friday**

**9 a.m. — 1 p.m.**

**Heart healthy**

One step  
at a time

Meet new  
people!

Join  
the  
movement

**Great way to get more active!**

**For more information contact us at  
913.826.2850**

