

# Social Services

Start Walking Now!

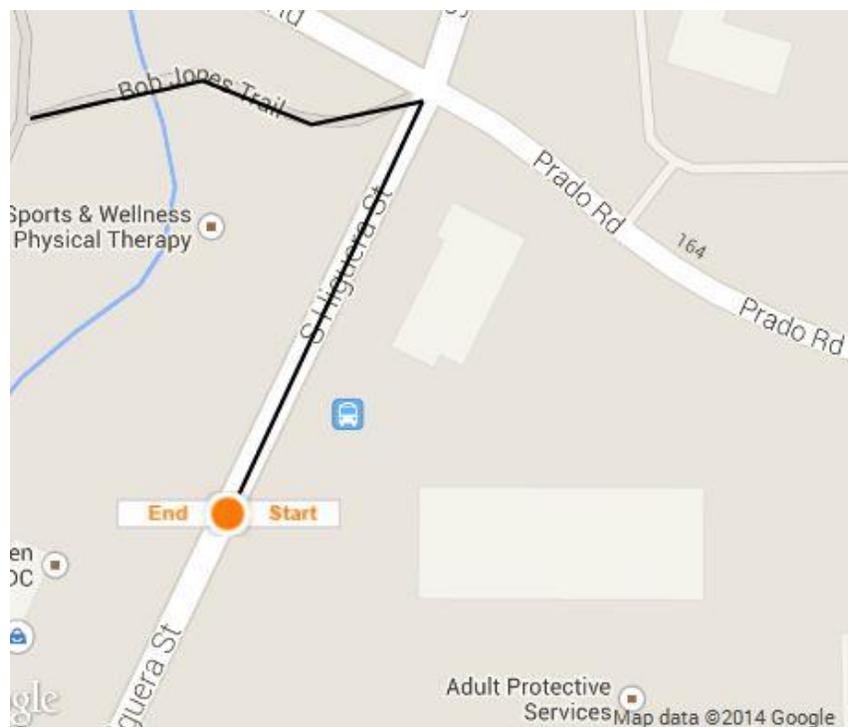
- ✓ Strengthen your bones
- ✓ Reduce stress
- ✓ Get more energy
- ✓ Tone your muscles
- ✓ Reduce your risk of developing dangerous health problems
- ✓ Feel good!

*WALK YOUR WAY TOWARDS WELLNESS*

**Beginner**  
**Distance: 0.25 miles**  
**Estimated Time: 10-15**

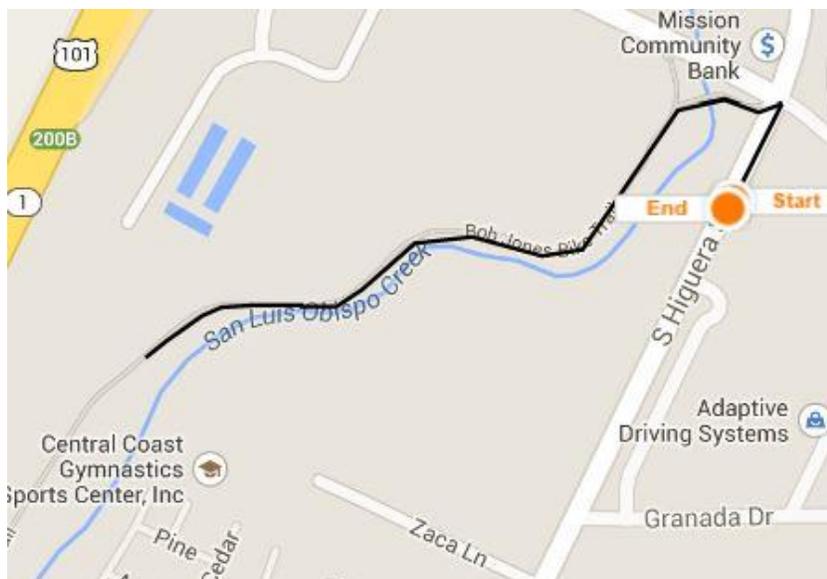


HR BENEFITS PRESENTS  
San Luis Obispo Office  
3433 S. Higuera St  
San Luis Obispo, Ca



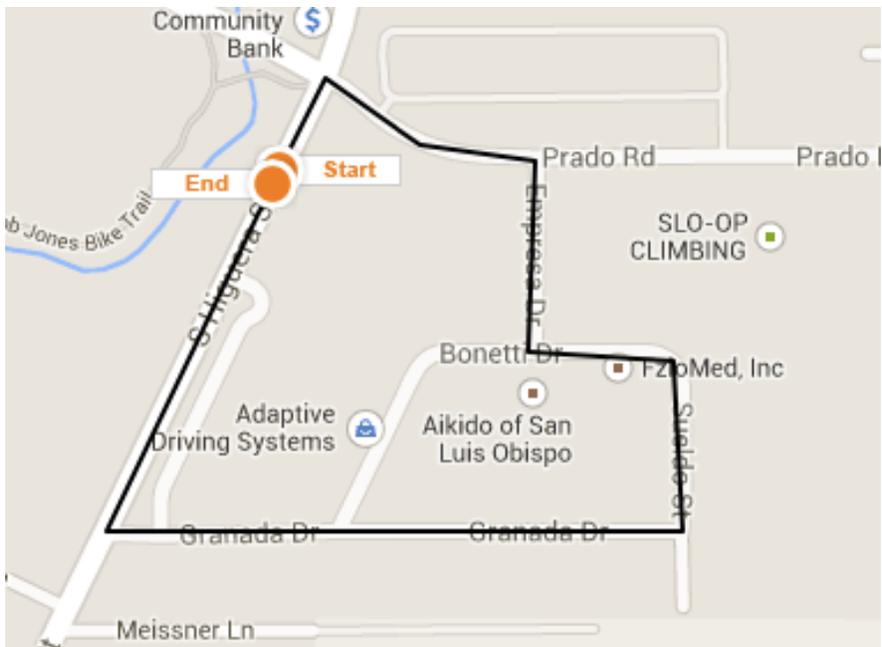
# Social Services

**Moderate  
Distance: 1 miles  
Estimated Time: 30  
minutes**



*WALK YOUR WAY TOWARDS WELLNESS*

**Moderate Loop  
Distance: 1 miles  
Estimated Time: 30  
minutes**



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