

Come Hike with Us at Big Creek Greenway

for our **Monthly Fitness Outing**

Sunday, November 17 at 3:00 p.m.



NutriFit Sport Therapy's "Fit for Life" fitness group will meet at the North Point Parkway entrance on **Sunday, November 17 at 3:00 p.m.** for a short hike down Georgia's beautiful Big Creek Greenway Trail.

Fall is just around the corner and this hike is sure to get you excited about outdoor fitness. You can RSVP by contacting the NutriFit office at 770-395-7331 if you are interested in attending.

Directions:

North Point Mall: Driving northbound on North Point Parkway halfway between Mansell and Haynes Bridge Roads, find the greenway sign directly across from Haverly's Furniture. Parking is located in a wooded area. Restrooms are available at that location. 800 feet south of this entrance is the NorthPoint Village retail center. Walk behind the shops to the stairway that leads to the wetlands mulch trail. Note: The stairs are not A.D.A. accessible. We hope that you can join us as we continue to stay Fit for Life!

Please visit the website for more information at: <http://alpharetta.ga.us/index.php?p=136>