

**This Month's "Fit for Life" outing is ...
A SCENIC THREE-MILE WALK AT THE
CHATTAHOOCHEE RIVER!**



568 Interstate North Parkway, Marietta, GA

Who: You, Page Love, and the fun group of "Fit for Life" members

What: a three-mile walk on one of the Chattahoochee's fabulous nature trails

When: Sunday, March 9th at 4:00 p.m.

Where: See the directions on the right ->

Why: To get your heart pumping and realize that exercise can be fun and enjoyable!

From eastbound Interstate 285

- Take exit 22, Northside Drive, New Northside Drive, Powers Ferry Road.
- Go to second traffic light and go left onto New Northside Drive.
- Use "through" lane to pick up Interstate North Parkway.
- Unit will be .8 miles on the right after crossing the Chattahoochee.

From westbound Interstate 285

- Take exit 22, Northside Drive, New Northside Drive, Powers Ferry Road.
- Right on New Northside Drive.
- Use "through" lane to pick up Interstate North Parkway.
- Unit will be .8 miles on the right after crossing the Chattahoochee.