

2<sup>nd</sup> Sat Nature Talk



# New Year New Perspective

Jan 11<sup>th</sup> @ 11am

## Meet or exceed your 2025 fitness goals

Every walk is a treasure hunt where the more you look, the more you find! Engage with nature and **eagerly** log your daily steps.

Grab a refreshing drink, delicious sandwich and other goodies in the Café and hear about the many available tools, mobile apps, and citizen science projects that will make keeping those New Year resolutions a breeze!



River Oaks Courts

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