



WALK & TALK



SCAN TO REGISTER!

Walk & Talk Wellness is a simple, uplifting way to support whole-person well-being through movement and meaningful conversation. Inspired by the 8 Dimensions of Wellness, this community walk helps reduce stress, boost mood, and strengthen social connection while enjoying the outdoors together.

- ✓ Connect with wellness partners
- ✓ Discover local resources
- ✓ Build social connection
- ✓ Enjoy nature & learn about bluebirds

📅 Wednesday, July 1, 2026

🕒 9:00 AM - 10:00 AM

📍 Bluebird Trail @ Chinn Park
13025 Chinn Park Dr
Woodbridge, VA 22192

QUESTIONS?

✉ whunt@pwcgov.org

Meeting location: Pavillion to the left of the Chinn Aquatics & Fitness Center

We'll be outside for the entire event, so please come prepared with long pants, a hat, plenty of water, and anything else you may need to stay comfortable.

Check out our website: <https://preventioncoalitionofgpw.org/wellness/i>

