

A JENNINGS HEALTH & WELLNESS COMMITTEE EVENT



**WEDNESDAY, APRIL 30, 2025
3:45 PM-4:45 PM**

WALK IT OUT WITH DR. KNIGHT

JENNINGS SENIOR HIGH SCHOOL TRACK

We will have yummy snacks, music, good vibes, and a special visit from **Chiro One** to keep us feeling our best! Do not forget your walking shoes and bring ALL the energy — it is going to be a blast!

FOR MORE INFORMATION

**Contact Gabrielle Fowler, District Therapist
314-422-0081**

EVERYONE IS INVITED!