



**Greetings IAH Members ... break out of your Covid bubble and get walking!**

*You will enjoy meeting fellow IAH members, exercising and exploring the beauty of the low country. Walking has so many proven health benefits - improved mood, strengthens bones and muscles, lower blood pressure and risk of diabetes.*

*We pick a different location each month (third Tuesday of the month) and walk 4-6 miles in the morning.*

*There are many scenic trails just a half-hour drive from I'On. Some of our favorites are Laurel Hill County Park, Hampton Park and, of course, the beach.*

*Hope to see some of you on March 15th when we head to Laurel Hill County Park. Hopefully, the Atamasco lilies will be in bloom.*

*Discover how much fun it is to walk in good company.*



*Libby Eble, Walking Group Leader*