



# Williamson County Health Council's 2009 Walk Across Williamson

...a free walking program in Williamson County

## SPONSORED BY

D1 Sports Training  
Franklin City Parks  
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Williamson County Family Resource Center  
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Williamson County Parks and Rec  
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Chick-fil-A Cool Springs Mallory Lane  
Chick-fil-A Cools Springs Mall

## HOW WxW WORKS

- Register at any participating park on the first Saturday as an individual and/or family. All ages and fitness levels are encouraged to join.
- Arrive between 9:00-10:00 AM at any participating park.
- Take part in the WxW physical activity tracking program to log your minutes walked throughout the month for chances to win prizes at the county wide Celebration Walk on April 18<sup>th</sup> at Liberty Elementary in Franklin (*please note location change from Pinkerton Park*).

2009 Saturday Walk Dates (RAIN OR SHINE):

- February 7, March 7, April 4
- **Celebration Walk at Liberty Elementary in Franklin April 18, 2009 at 9:00 AM. Participants from all parks walk together at Liberty Elementary at 600 Liberty Pike, Franklin 37064**

## PARTICIPATING PARKS

Bowie Nature Park  
7211 Bowie Lake Road  
Fairview

College Grove Park  
Williamson Co Park & Rec  
8607 Horton Highway

Nolensville Park  
Williamson Co Parks & Rec  
2310 Rocky Fork Road

Pinkerton Park  
Franklin City Parks  
405 Murfreesboro  
Road/Hwy 96

Thompson's Station Park  
1513 Thompson's Station  
Road West



For more information contact  
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