

WALK with SWENDO!

**SWENDO on the Move is a walking group to energize
& motivate**

SWENDO members, friends and family

Open to anyone interested
in moving more in a fun,
social environment!

Members suggest and host
walks – sometimes
SWENDO staffers do too.

Check MeetUp. Org
regularly and see who's
walking when.

Questions: Ingrid at
ingrid@swendo.com



**To Join SWENDO on the Move,
Find out about scheduled walks
&**

Suggest a walk yourself

Visit MeetUp.org

And look for “SWENDO Walkers”

**Walk ideas will be member-driven so join and
suggest today!**