



WALK THE WALK: A New Ministry

History tells us that Jesus and his disciples walked hundreds of miles spreading the Word of God. In that spirit we are inviting everyone to become physically and spiritually fit by walking as a group, once a week, beginning later this month. If you are interested, please complete the following survey and place it in the box in the lobby after today's service. ***Come on, walk the walk, stay healthy and find fellowship along the way.***

Please circle your answers

How long should our walks be? ½ hour 1 hour 1.5 hours 2 hours Other: _____

or should we base it on distance? .5 miles 1 mile 1.5 miles 2 miles Other: _____

Would you prefer... mornings (8 AM)? Afternoons (2 PM)? Evenings (7 PM)? Other time _____ AM/PM

Preferred day of the week: MON TUES WED TH FRI SAT SUN