



# 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