

# Healthy Eating Active Living (HEAL)

HEAL invites you to join our  
Walking Book Club! 4th Fridays:  
May 24th, June 28th,  
July 26th and August 23rd at 7am

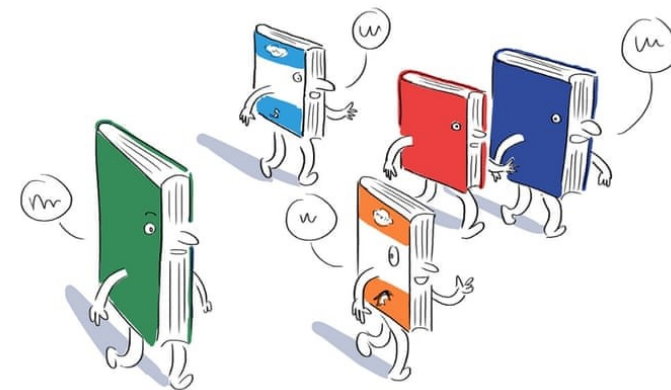
May is Mental Health Awareness month!

Please join us in reading *Furiously Happy* by Jenny Lawson,  
available at your local public library!

Then join us to chat about it while walking!

Meet at 7am @ Family Recreation Center  
north parking lot. 1100 Oregon Avenue

Why not try an Audio Book? Also available at the Alamogordo Public Library.



Otero County  
Community Health Council



**1.6 mile walk**

For more information contact:

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These Apps are available in  
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