

SECC Fruit & Veggie Walk



Wednesday, Oct 29th

Times (Every Two Hours):

10:00am, 12:00pm, 2:00pm and 4:00pm

Location: CUN 775 **Cost:** \$1 per walk

The walk will take about 5 minutes, and if you are not able to walk, someone will walk for you. “Come on, get up out of your seat, move/dance and play 😊!”

Vegetable/fruit donations are welcome!



**Win a beautifully wrapped
fruit and veggie basket by
walking/dancing as many
times as you wish!**

All proceeds will go to SECC!

~Questions: Dorothy x4189 or Laura x2362~

Oct 30th (Thursday)
4rd Annual CON SECC
CAKE/PIE WALK

To donate your favorite cake or pie, please contact:
Cathy Trimborn (x5785) and/or Jennifer Weinzierl (x6921)
CON 2014 SECC Coordinators