

# Sisters Together

## Walking on the Canal

450 W. Ohio St

**Every Saturday  
Morning at 8am**

**Its FREE!**

Meet in front of  
Eugene and Marilyn Glick Indiana  
History Center

Walk with CWUW to move your  
body with women and men who are  
focused on their health.



Center of  
**Wellness** for  
Urban Women, Inc.

## Walking at Northwestway Park

5253 W. 62nd St

**Every Wednesday  
Evening at 6:30pm**

**Its FREE!**

CWUW members will meet and  
greet you by the parking lot

**Be Proactive in your health!  
Walking is a great form of exercise.**

For more information:  
<http://www.cwuwonline.org>  
317-329-8496  
[info@cwuwonline.org](mailto:info@cwuwonline.org)