

FREE water and healthy treats for every walker



Trick-Or-Treat Walk 2016

Mon. October 31, 2016

Start walking between
11:00 a.m. – 1:00 p.m.

Abrams Building
1st Floor Lobby

Come Join Us for a 1.25-mile walk around the Abrams Center

Pick up a “Trick” or “Treat” ticket at stations along your route. All “Treat” tickets equal a chance to win a **grand prize drawing** and all “Trick” tickets give you a simple health tip.

Dress festively or donate can food items to earn an extra “Treat” ticket.

Questions? Contact the Abrams Wellness Committee at HDWellness@pima.gov.

