Culture of Health

National Walking Summit

“Places for People”
September 24, 2019 | Columbus, Ohio

Larry S. Smith, Founder
German Village Walking Club
German Village Walking Club meets every Saturday morning at 8 a.m. at the Schiller statue.
Typically, 20 – 25 people walk every Saturday.
North Bank Park
Arts District, Topiary & Frank Fetch Park
Scioto Audubon and Downtown Bridges
Franklinton + Veterans Museum & Memorial
Winans to Winans
“Otto’s Route” – Greenlawn Scioto Trail South
GVWC Membership
Tenets of the GVWC

1. Move More
2. Showcase Downtown Columbus
3. Build Community
With gratitude, we acknowledge our

**Founding Partner**

**WINANS**
CHOCOLATES + COFFEES

and our

**Community Partners**

- Valter's Restaurant and Bier Garten
- Columbus Running Company
- Caskey Dry Cleaning Co.
- Intelligent Office
- Larrimer & Larrimer
GVWC Weekly Newsletter | September 17, 2019

Greetings!

I hope everyone has a wonderful week. Here's what you will find in the newsletter this week:

- Strength Training For Seniors. Or is it?
- Up Your Productivity And Motivation By (Over)Simplifying Your Playlist
Start your own Walking Club!