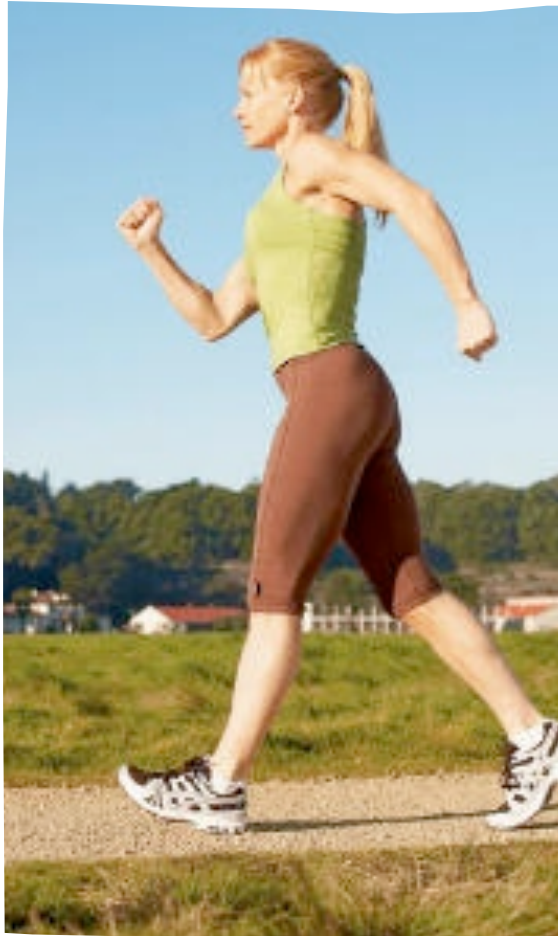


Raising Awareness

# Walk Jog Workshop

AQLife is Providing a **FREE** workshop

Learn the benefits and technique for interval training



When: Oct 30  
Where: Mission Bay, Meet at Visitor Center  
Time: 8 am  
Cost: Free

Brief instruction, stretching, 30-40 min walk/jog

Staying Fit and Helping Our Community  
**AQLife**.org

AQLife remains committed to helping our community. Please donate to a San Diego non-profit organization of your choice, volunteer to help the community or just lend a hand in any way that you can for the month of October.



RSVP: [vince@healthfitnessadvisor.com](mailto:vince@healthfitnessadvisor.com)