

Walking Jogging Buddies (streamwood)





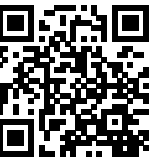
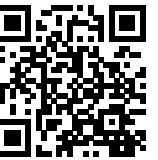
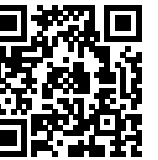



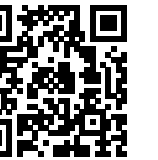
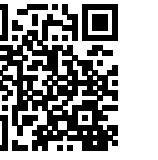
Location **Illinois**
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Looking for mature people between the ages of 20 and 60 years old to join me in forming a group for Walking / Jogging / Running / Yoga / Meditation and other health related actives on a regular bases.

We all know that 30 minutes of brisk walking can do a great lot of good to our bodies.

I am thinking at 6 AM or 6:30 PM on Mondays, Wednesdays & Fridays. And 9 AM on Weekends as long as the weather is good. You are encourage to come out and join as often as possible. Please pass the word around and let us all stay healthy in 2015 going forward.

Thanks and looking forward to exercise with like minded people. NO!!

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