



# WOMEN'S WALK N TALK

Where: TRAC indoor walking track

When: Starting Oct 3<sup>rd</sup> – December 12<sup>th</sup>

Thursdays at 12pm and 4pm

Want to get in shape while connecting with others? Join us at TRAC for our Women's Walk N Talk to discuss women's health while burning a few calories. Whether you are new to exercise or an expert looking for new workout group we want you to join us!

CONNECT WITH  
WOMEN ACROSS  
CAMPUS

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GET IN SHAPE

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LEARN AS YOU  
EXERCISE

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SAFE AND  
COMFORTABLE

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WELCOME TO ALL  
THOSE WHO  
IDENTIFY AS  
FEMALE

**AMBER PYE**

Assistant Director of Fitness  
and Wellness

[Apye3@uis.edu](mailto:Apye3@uis.edu)

217-206-8400