

# September W.O.W.

- Women of Walnut Street -

Friday, September 18th

6pm - 10pm

Soup, Sandwiches, Games &  
MORE!

We'll also be making Bath Fizzies!

Contact Gail DeBerry at  
446-7924 for more  
information about what to  
bring and where to go!

# Get Fit

An exercise class for ladies is now scheduled for each Tuesday evening in September beginning the 8th. Robin Nelson will instruct PiYo (Pilates & Yoga)! The class will begin promptly at 6:15 pm & end at 7 pm. Please bring a towel or mat. To sign-up or ask questions, please call Robin Nelson at 740-6803. The deadline for signing-up is Monday, Sept. 7th. There is no charge for the class.

If PiYo is not for you, a Ladies' Walking Group is now scheduled each Monday and Thursday evening in September beginning the 7th. Wear your best walking shoes and meet at 7pm in our parking lot facing The Front Porch Restaurant. For information, contact Nancy Gordon at 441-4903

Mark your calendar now!

## Ladies' Fall Retreat

October 23rd & 24th

You won't have to travel far to enjoy this time of fellowship! Our retreat this year will be held in a new location and you will be provided the option to stay the night. We will be in Dickson County, so those not wanting to stay will be close enough to travel home! Registration will begin in October! Please check the information booth in September for more details and for costs!

Make plans now to attend!