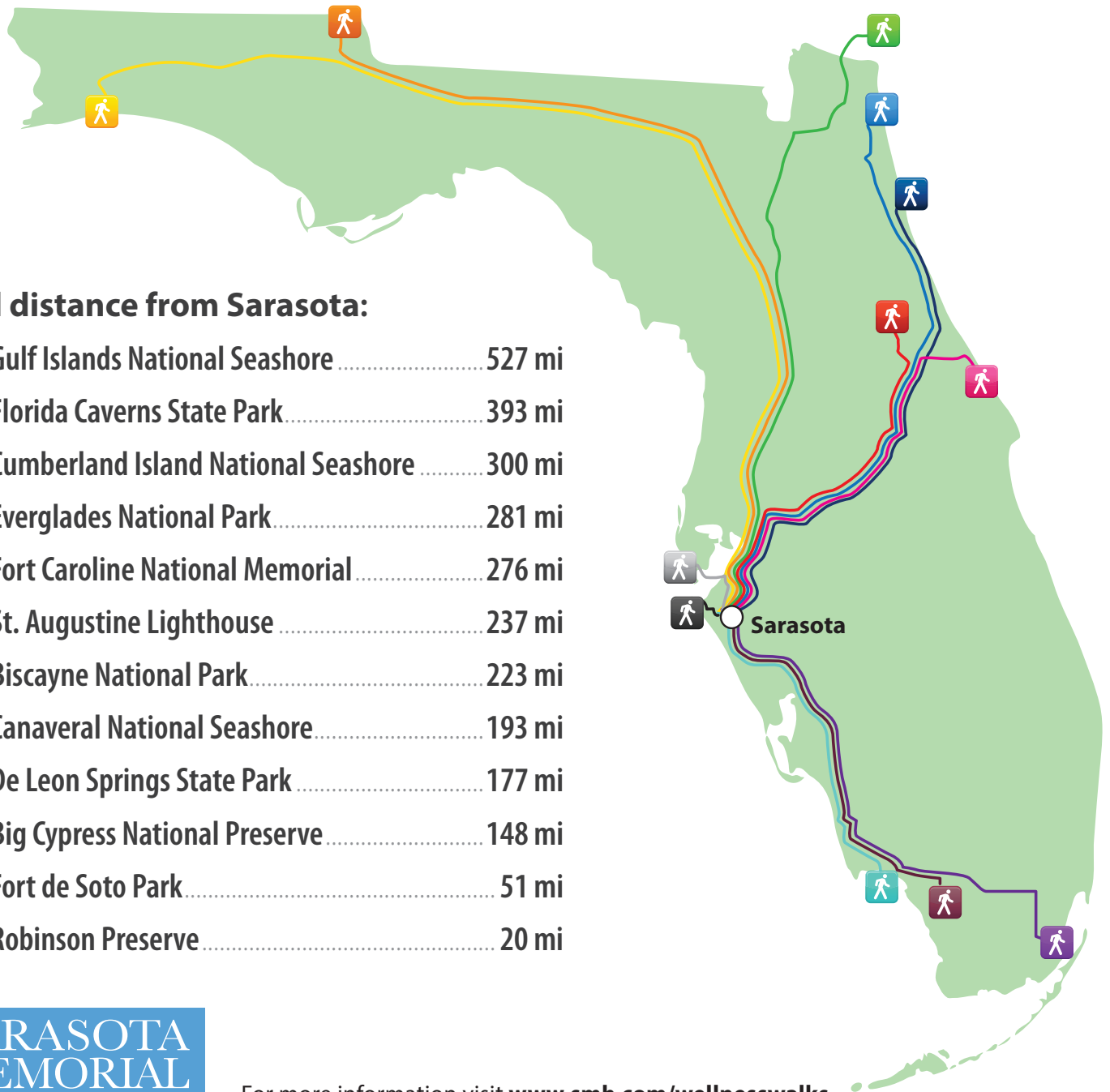


# Sarasota Memorial HealthSquare Wellness Walks


**6 week program, all abilities welcome!**

**Program starts February 1 through March 8, 2014, 9:30am.**

Westfield Sarasota Square Walkers will be provided with a pedometer and journal to log miles/steps. **No cost to join.**



## Goal distance from Sarasota:

	Gulf Islands National Seashore .....	527 mi
	Florida Caverns State Park .....	393 mi
	Cumberland Island National Seashore .....	300 mi
	Everglades National Park .....	281 mi
	Fort Caroline National Memorial .....	276 mi
	St. Augustine Lighthouse .....	237 mi
	Biscayne National Park .....	223 mi
	Canaveral National Seashore .....	193 mi
	De Leon Springs State Park .....	177 mi
	Big Cypress National Preserve .....	148 mi
	Fort de Soto Park .....	51 mi
	Robinson Preserve .....	20 mi