

### **Indoor Walking at Westwood Elementary School**

“Come in from the cold and get some exercise” is the THRIVE! motto for staying fit in winter. THRIVE! teamed up with Westwood Elementary School, Lorain County Public Health and United We Sweat to host a free, indoor walking program at the school, beginning January 8 through April 15, 2020. The walking program takes place on Wednesdays from 7 to 8 p.m. Westwood Elementary School is located at 305 Union Street in Wellington. For more information, contact THRIVE! at [thriveloraincounty@gmail.com](mailto:thriveloraincounty@gmail.com); or call 440-987-9182.