



# NEW PARENT WALK AND TALK

THURSDAYS, 10-11 AM  
NBVC POINT MUGU, SYNTHETIC FIELD #2  
OPEN TO ALL PARENTS WITH BASE ACCESS



This weekly walk provides parents with a supportive environment with peers who will learn and grow together. We will discuss the challenges and joys of being parents, while promoting a healthy lifestyle for the entire family.

For information call 805-982-5037  
[www.navylifesw.com/ventura](http://www.navylifesw.com/ventura)

