

Theme: HAB Solo Holo

Where: Pearl Ridge Mall, uptown

When: every Tuesday

Time: 3:00 PM to 5:00 PM

We can start walking at 3:30pm to 4:30pm, cool downtime half hour before Handi-Van arrivals.

Purpose & Goals:

- Cardio vascular exercise to maintain a healthy lifestyle.
- Maintaining our independence as a self-guided blind individual while practicing our navigation skills.

Incentive:

The first 60 miles that each person earns, HAB will give you a \$150 gift card for the purchase of shoes to enhance your walking experience.

Please make Handi-Van pick up and drop offs at uptown entrance of Mall. The walk is 0.25 miles per lap for both mall level and second level of the complex.

Please contact Roberta Tomas at 808-798-4144

Liability Disclaimer:

You are responsible for your own safety! The Hawaii Association of the Blind shall not assume any liability resulting in injury or death.

Roberta K. Tomas