

Theme: HAB Solo Holo

Where: Ala Moana Beach, Magic Island, walking path 1 mile if we take the outer path. 0.5 miles if we take the inner path.

When: every Wednesday

Time: 2:30 PM to 4:30 PM

We can start walking at 3:00pm to 4:00pm 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 arrangements to be dropped off at the L&L Diamond Head entrance of Ala Moana Beach Park.

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