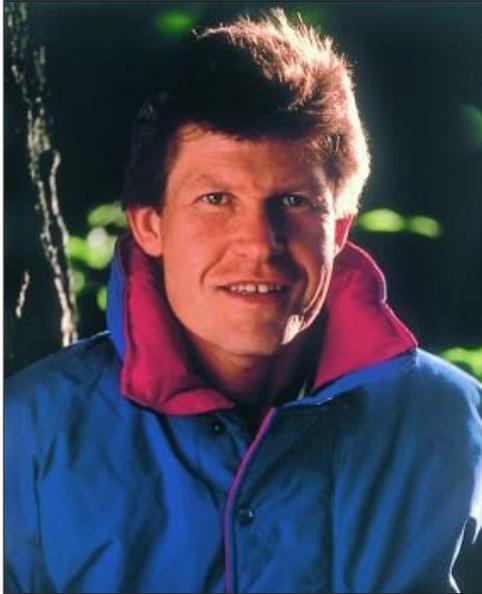




# Walking Wellness

## Dec. 11



The City of Clermont invites the public to meet **Robert Sweetgall**, author and celebrity health and fitness expert, on **Thursday, Dec. 11**, at the Highlander Building at Clermont’s Waterfront Park. Free! RSVP at 352-394-3500. Sweetgall will present two, free workshops:

**6 PM – Nordic Walking**

**7 PM – Best Physical Activities for Weight Loss, Stress and Diabetes & Heart Disease Risk Reduction**

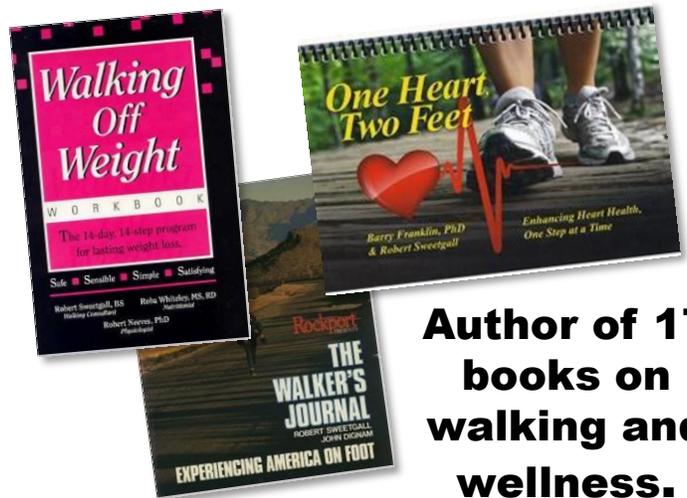


### Robert Sweetgall:

“My hope is that everyone attending the Clermont workshops will be inspired to make small, yet significant changes in their lifestyles, especially in the areas of active living, stress management and improved nutrition.”

### Accomplishments

- Walked 7 times across America.
- Walked 11,208 miles through all 50 states in one year.
- Authored 17 books on walking and wellness.
- Helped over 5,000 communities.



**Author of 17 books on walking and wellness.**

### Expert as seen on



**This holiday season give yourself the gift of health!**

