

Activities!

Time	Activity	Description
11:00 a.m. to Noon	Hands-on CPR Training	Learn CPR from Certified Trainer Melissa Schaaf of CPR4Everyone in the Terrace Room of the Middleburg Community Center. Sign up at bit.ly/MWD-CPR - read more on this below...
10:00 a.m. to 3:00 p.m.	Walk Middleburg	Take your pick from one of three fun scavenger walks of 1, 2 or 3 miles to relax and entertain your brain! Pick up a map at Wellness Day and walk one of the three routes. There will be prizes for spotting typical Middleburg features!!