



2019 FITNESS UNLEASHED

A COLLABORATIVE FITNESS PROGRAM FOR VOLUNTEERS
SEEKING AN ACTIVE, HEALTHY LIFESTYLE

Dog walking is a great way to get in shape!

- Getting 30 minutes of activity every day is a substantial way to prevent heart disease.
- Dog walking helps keep them exercised and socialized, key when going to loving homes.
- Make one of our shelter dogs your work out buddy and you both reap the benefits.

Fitness Unleashed is a great way to develop lifelong habits for a healthy & happy lifestyle!

June 6, June 20, July 11, July 25 | 11:30 am – 1:00 pm

Courthouse – south side of building, south lawn (beyond public parking area)

June 13, June 27, July 18 | 11:30 am – 1:00 pm

L. Brooks Patterson Building (41W) – west side of building near the orchard

Volunteer forms and liability waivers are located on the OakFit website at oakgov.com/wellness and can be turned in at the Pet Adoption Center or one of the on-campus locations.

**Oakland County
Animal Shelter &
Pet Adoption Center
is now on campus!**

Dogs can be walked,
year-round at the shelter.



**For additional information contact
Dawn Hunt at (248) 858-5473
or hunt@d@oakgov.com**