



WELCOME

2023 MOVEIT! WALK WILMINGTON

- Check-in, T-shirt and tote bag 8:30am – 9:30am

*****BE SURE TO VISIT SPONSORS, REFRESHMENT AREA, LAWN GAMES AND KIDS AREA. DON'T FORGET THE RAFFLES*****

- PWR! Moves Demonstration 9:30 – 9:45
- Rock Steady Boxing Demonstration 9:45 – 10:00
- Yoga Stretching with Gretchen 10:00am – 10:10am

*****BE SURE TO VISIT SPONSORS, REFRESHMENT AREA, LAWN GAMES AND KIDS AREA. DON'T FORGET THE RAFFLES*****

- Announcements 10:10am - 10:15am
- Walk Kickoff 10:15am

*****BE SURE TO VISIT SPONSORS, SNACK AREA, LAWN GAMES AND KIDS AREA. DON'T FORGET THE RAFFLES*****

- Awards & Raffles 11:00 am - 11:30