



WHY WEIGHT NEWSLETTER

MAY EDITION 2026

Why Weight Walkers Is Back!

5K Group Training

Train with us to walk the "Before the 4th 5K" on June 27, 2026 - Clement Park

Saturday Mornings - May 9, May 23, June 6, June 20

Meet at Why Weight 8:30AM

Ask Suzanne for more details!

Register for the race at <https://www.eaglepeakracing.com/>

Mention this month's secret word

Blossom

and get double tickets for the monthly raffle!

Check out more Stress Busters and Trim Tips on our

Why Weight Facebook Page!