

**Gals**  
ON THE GO  
PROJECT

**CATTYWAMPUS**

WALKABOUT

MINDFULNESS WALK 2021



**SATURDAY JULY 10, 2021**

8:30AM FAMILY YOGA (BRING YOUR YOGA MATS - WILL WATCH WHILE YOU WALK)

9-10AM TSHIRT & SWAG PICKUP | 10AM CATTYWAMPUS KICKOFF

**A MINDFULNESS SCAVENGER HUNT AROUND FOWLER LAKE**

[GALSINSTITUTE.COM](http://GALSINSTITUTE.COM)

# **GALS ON THE GO PROJECT CATTYWAMPUS WALKABOUT SATURDAY JULY 10, 2021**

Start your morning with an invigorating yoga session, pick up your swag and take off on your adventure around Oconomowoc's beautiful Fowler lake and enjoy interactive, mindfulness building experiences at stops along the way.

Join the socially distanced festive celebration at Fowler park before and after the walk. Explore the resource tables from fun organizations with information, tips and tools for families to continue their journey of mindfulness and resilience building.

Funds raised will support much needed resiliency and prevention programs for youth in schools and our community. Interested in becoming a sponsor, resource table or volunteer? Contact us at [galsonthegoproject@gmail.com](mailto:galsonthegoproject@gmail.com)

## **\$25 INDIVIDUAL REGISTRATION**

includes: (1) Registration for the CattyWampus WalkAbout, future highly sought our custom CattyWampus t-shirt, route map and the first annual mindfulness scavenger hunt with 4 interactive stops to tickle your senses.

## **\$ 100 TEAM OF UP TO (5) WALKERS**

Includes: Registration for the CattyWampus WalkAbout, our custom CattyWampus t-shirt for each of your team members and a route map with 4 interactive stops to tickle your sensory fancies.

*(Kids ages 2 and below are free and will receive a CattyWampus WalkAbout surprise to display on the walk)*

### **REGISTER AT:**

[tinyurl.com/cattywampus-walkabout](https://tinyurl.com/cattywampus-walkabout)