

FSU Center for Autism & Related Disabilities



Walk It Out Thursdays

A training series focusing on the benefits of fitness in managing social anxiety

For: CARD clients ages 16+

Join us each week for information, conversation, and a walk in beautiful Cascades Park. Each Thursday will feature a mini-lesson on managing social anxiety through fitness, conversation practice, and a 30 minute walk in the park (weather permitting). Well-behaved, leashed dogs are welcome! Parents and friends are also welcome, but they will be expected to participate in the conversation practice as well.



FSU CARD is dedicated to providing individuals with autism or related disabilities, their families, and professionals who work with them, free consultation, resources, and educational support to build knowledge, confidence, infrastructure, and sustainability within the community.

Thursday afternoons
September 5th-December 12th

4:00 -5:00 p.m.

Cascades Park—meet outside Power Plant Café
1001 S. Gadsden St., Tallahassee, FL 32301

Email Tammy at tammy.dasher@med.fsu.edu to register.