

FSU Center for Autism & Related Disabilities Walk It Out Tuesdays



Join us each Tuesday this summer for information, conversation, and a walk in beautiful Cascades Park. Each Tuesday will feature a fitness-related mini-lesson, conversation practice, and a 30 minute walk (weather permitting). Well-behaved, leashed dogs are welcome. A filled water bottle is mandatory for participation (it's hot out there)! This training is for adults (18+) who are registered with FSU CARD.



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.

Tuesday Evenings June 8th-August 10th

6:30-7:30 PM EST

Cascades Park (meet outside the Power Plant Cafe)
1001 S. Gadsden St. Tallahassee

Presenters: Tammy Dasher and Allison Leatzow

Register <https://bit.ly/3wEtRle>