

BOLD **ACTIVITIES** for your best health.

Do, Eat and Believe in a Healthy Washington County

Walking to Wellness *Virtual Style*

Walking to Wellness is a fun, virtual (for now) way to stay connected while learning new health tips from our community experts. Want to join the Walking to Wellness fun? Watch for weekly video posts on the Prime Time for Women and Healthy Washington County Facebook pages.



Tina Fraley
Oct. 7, Oct. 14, Oct. 21 and Oct. 28

Tina Fraley is a nutrition coach, certified personal trainer and Blackhat group instructor at Soldierfit Hagerstown. She has developed a proven approach to teaching the importance of life integration that has helped thousands of men and women build a healthy, healed, and happy life.



Matt Wagner, M.D.
Dec. 2, Dec. 9, Dec. 16, Dec. 23
and Dec. 30

Dr. Wagner is a psychiatrist with more than 35 years of inpatient and outpatient experience. He is currently teaching Behavioral Health as a faculty member of the Family Medicine Residency program. Dr. Wagner, who stresses the importance of regular exercise for physical and mental wellbeing, is pleased to be a part of Walking to Wellness.



Barb Spencer, NP
Nov. 4, Nov. 11, Nov. 18 and Nov. 25

Dr. Barbara Spencer is a board certified Adult Nurse Practitioner. Most recently, Dr. Spencer founded Wellness Works, a health education and coaching practice. She believes that lifestyle change is most effective by combining motivational coaching with evidenced-based education. The Wellness Works mission is to help clients realize and achieve their health and fitness goals at any age.



Bernadette Wagner, founder of Prime Time for Women, LLC is pleased to partner with Healthy Washington County to support Go For Bold! She is looking forward to recruiting and engaging health care providers and fitness leaders to lead weekly walks that will encourage, support and empower greater physical activity and improved physical and mental wellbeing. Wagner believes that, "Together we can create a healthier Washington County."