



*(NB: This calendar may be subject to changes due to updated information)*

## JANUARY

- Mix It: With Islander Walk Zesters (20<sup>th</sup>)

## FEBUARY

- Mix It: Lagos City Marathon (10<sup>th</sup>)

## MARCH

1. Mix It: Cultural/Historic Walk Tour in Badagry (24<sup>th</sup>)
  - Walk Zest in collaboration with Tour2Nigeria will be bringing you an amazing 8km walk tour adventure that will cover notable places of interest such as the Mobee family slave trade relics museum, Badagry heritage museum, Badagry slave port, The Point of No Return, Seriki Abass Brazillian Baracoon, Agia Tree Monument and a look at the first storey building in Nigeria.
2. 10km Polio Awareness Fun Run/Walk from Yar' Adua Centre, Abuja.
3. Easter Beach Workout in Lekki Leisure Lake, Lagos. Organised by Stride Fitness (31<sup>st</sup>)

## APRIL

1. Mix It: With Alimosho & Ikotun Walk Zesters (7<sup>th</sup>)
2. Ibadan City Marathon from Obafemi Awolowo Stadium, Liberty Road, Ibadan (8<sup>th</sup> April)
3. ARM 10km Run/Walk from LTV, Agidingbi, Ikeja (14<sup>th</sup> April)
4. **World Health Day (7<sup>th</sup>)**
5. **World Safety & Health at Work Day (28<sup>th</sup>)**

## MAY

1. Safari Dance Workout Party 3 (1<sup>st</sup> May)
2. Mix-It: With Ijebu Ode Walk Zesters from Dipo Dina international Stadium. Ijebu ode. A 10km group walk. All chapter representation welcome. (12<sup>th</sup> May).



## JUNE

1. Verve Life Health Festival, Landmark Event Centre, Lagos (16<sup>th</sup>)
2. Mix It: WZ Annual Group Walk in Lagos (23<sup>rd</sup>)

## JULY

1. Mix It: With Magodo & Alausa Walk Zesters (14<sup>th</sup>)

## AUGUST

1. Mix It: Surulere Walk Zesters (11<sup>th</sup>)

## SEPTEMBER

1. Mix It: Ogudu & Ketu Walk Zesters (8<sup>th</sup>)
2. Walk Zest 'Strike A Pose' Competition (tbc)

## OCTOBER

1. Mix It: Islander Group Walk (13<sup>th</sup>)
2. Down Syndrome Awareness Walk (date tbc)
3. **World Mental Health Day (10<sup>th</sup>)**
4. **World Food Day (16<sup>th</sup>)**
5. **World Osteoporosis Day (20<sup>th</sup>)**

## NOVEMBER

1. Mix It: With Gbagada, Ajao-Isolo & IkejaGRA Walk Zesters (date tbc)
2. ARM 10km Run/Walk (tbc)
3. Chapter Good Deeds Initiatives (complete by 30<sup>th</sup> Nov)
4. **World Diabetes Day (14<sup>th</sup>)**

## DECEMBER



1. Walk Zest Foundation AGM

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