

# Let's Walk & Talk



*Want more information?*

*[omb.mcftbnorfolk@usmc-mccs.org](mailto:omb.mcftbnorfolk@usmc-mccs.org)*



*Mount Trashmore  
310 Edwin Dr, Virginia Beach*

28 April @ 1000

26 May @ 1000

23 June @ 1000

28 July @ 1000

25 August @ 1000

22 September @ 1000

27 October @ 1000