Show Up Alone

Show up alone. Leave a regular.

A **free** list of groups around Ogden that meet on a regular schedule and welcome people who come by themselves.

ON THE LIST

- Group runs and hikes
- Free library yoga and tai chi
- Board game and chess nights
- Choirs and community bands
- Craft and knitting circles
- Volunteer crews
- Senior centers
- Grief and caregiver groups

Point your phone camera here, or go to

showupogden.com

1. Pick one

Find something that meets every week.

2. Go alone

No partner, team or experience needed.

3. Go back

By the third visit, people know your name.

Box Elder, Weber and Davis counties

Free. No ads. No sign-up. Made in Ogden, Utah.

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