Show Up Alone

# Show up alone.
# Leave a regular.

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

### ON THE LIST

- Group hikes
- Chess and game days
- Free tai chi
- Book clubs
- Community bands
- A free Saturday 5K
- Volunteer shifts
- Senior centers

Point your phone camera here, or go to

**showupalone.com/southern-utah**

### 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.

St. George, Washington, Hurricane and Cedar City

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

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