

SUNRISE SPRING SERIES: WALKING GROUP

FAMILIES IN MOTION

Through physical activity, young children can learn to master basic motor skills and develop language and social skills. All family members can reduce their risk of obesity, cancer, diabetes, and heart disease later in life.



When: Fridays in May, 9AM - 10AM
Where: Lower Willow Park



All ages welcome!
No RSVP needed.



Please bring your
water bottle.

Join us on the last Friday, 5/30 for a Parents as Teachers Group Connection! Additional activities include an I Spy scavenger hunt and obstacle course!