

WALKING GROUP



WEDNESDAYS

Start your day off with getting in movement. Everyone is welcome to join! Children of all ages, parents, caregivers, friends and family!

Parents and caregivers are welcome to join us, with or without their children. Need a break for self-care and conversation with adults? Come alone! Need to get your kids outside for fresh air and exercise? Bring them along!



WHEN: 9AM - 10AM

WHERE: WILLOW PARK WALKING PATH

Make sure to wear comfortable shoes and bring your water bottle. No RSVP necessary.

For more information, call the main office at 802-442-6934.