

# WEEKLY WALKING GROUP

Start your weekend off on the right foot, and join our Weekly Walking Group. **EVERYONE IS WELCOME!** Children of all ages, parents, caregivers, friends, and family!

## WHEN?

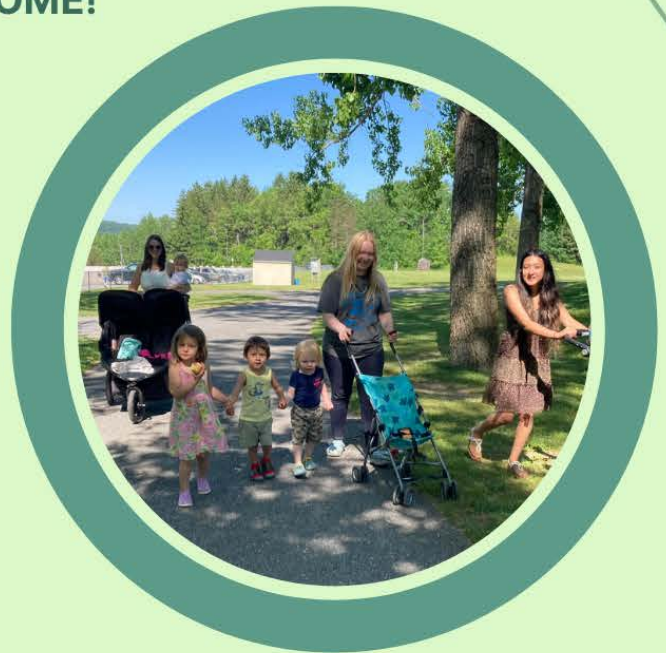
- Every Friday, 9 - 10 am

## WHAT?

- 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!

## WHERE?

- We will meet in the upper parking lot of Willow Park, near the BMX track.
- Stay hydrated! Bring your own beverage.



No RSVP needed! Questions? Call us! (802) 442-6934  
sunrisepcc.com