



WALK WILLOW PARK

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! Older siblings are welcome to join too!

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

EVERY TUESDAY
JULY & AUGUST
9:00 - 10:00 AM

EVERYONE IS
WELCOME!

Start your week off on the right foot, as we walk our way through summer!

CHILDREN
AGES 0-6,
PARENTS,
CAREGIVERS,
SIBLINGS,
FRIENDS, AND
FAMILIES!

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Sunrise Family Resource Center
Strengthening Families