



# Walking Group

Start your weekend off on the right foot, and join our walking group.

**EVERYONE IS WELCOME!**

Children ages 0-6, parents, caregivers, siblings, friends, and families!

**Every Friday  
Beginning 4/12/24  
8:30 - 9:30 am**

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



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