



WALKING GROUP

**MONDAYS IN MAY:
5/4, 5/11, 5/18**

9:30AM - 10:30 AM

Meet at Lower Willow Park



Walking improves your heart health, improves your mood, and can be a fun family activity. Join us on Monday mornings this month for some light exercise and socialization. Perfect for all ages and abilities. Make sure to wear comfortable shoes and bring a water bottle.

**No RSVP required. Drop-ins welcome.
For more information, call the main
office at 802-442-6934.**