

SOLE SUPPORTERS WALKING GROUP

COME WALK TO WELLNESS WITH US!



WEDNESDAY APRIL 3RD IS NATIONAL WALKING DAY

Join your local Senior Community Center for an easy group walk & picnic lunch to kick-off a summer of walking, fitness, & friendships!

Use the WALK TO WELLNESS GUIDE FIFTH EDITION for details on walking trails. Complimentary copies are available.

Annville 717-675-9549: Quittapahilla Park #24

Maple Street 717-273-1048: South Hills Park # 1 (Lincoln Ave Pkg)

Myerstown 717-675-9546: Fairlane Avenue Park #13

Northern Lebanon 717-675-9548: Jonestown Community Park # 15

Palmyra 717-675-9547: Memorial Park of Palmyra #29

Everyone meets at 12:00pm for a warm-up & short walk. Followed by a picnic lunch & free gift.

RSVP no later than Fri March 22nd

**We will follow each additional Wednesday with another trail in the book.

**IF THERE IS INCLEMENT WEATHER, WE WILL WALK
INSIDE THE LEBANON VALLEY MALL.**

