



MAY 2 – OCT 24

FORESTBURGH

WALKING

GROUP

Walking for Health

As part of the Worksite Wellness initiative, there will be a group walking program starting in May and running through October. The walking days will be every Wednesday at 3:00 pm in the Town of Forestburgh Town Hall parking lot. More days will be added if needed. No need to sign up! Just show up with your walking shoes and some water. All ages and fitness levels welcome!



**Forestburgh
Walking Group**

**It's more fun to
walk with
someone!**

**Helps promote
social &
emotional
wellness**

**Walking helps to
improve blood
pressure**

**"The journey of a
thousand miles
begins with one
single step"-Laozi**

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