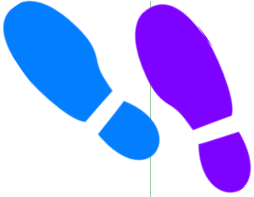
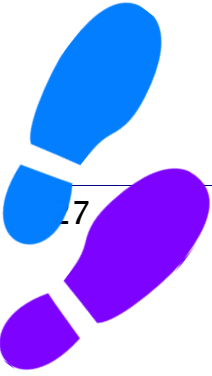


August 2017 JOIN A WALKING GROUP

SUN	MON	TUE	WED	THU	FRI	SAT
		1 7:30 PM- Old Depot	2 5:30 AM- OLD DEPOT	3 7:30 PM- OLD DEPOT	4 5:30 AM- OLD DEPOT	5
6	7 5:30 AM- OLD DEPOT	8 7:30 PM- OLD DEPOT	9 5:30 AM- OLD DEPOT	10 7:30 PM- OLD DEPOT	11 5:30 AM- OLD DEPOT	12
13	14 5:30 AM- OLD DEPOT	15 7:30 PM- OLD DEPOT	16 5:30 AM- OLD DEPOT	17 7:30 PM- OLD DEPOT	18 5:30 AM- OLD DEPOT	19
20 	21 5:30 AM- OLD DEPOT	22 7:30 PM- OLD DEPOT	23 5:30 AM- OLD DEPOT	24 7:30 PM- OLD DEPOT	25 5:30 AM- OLD DEPOT	26
27	28 5:30 AM- OLD DEPOT	29 7:30 PM- OLD DEPOT	30 5:30 AM- OLD DEPOT	31 7:30 PM- OLD DEPOT		



*LITTLE STEPS
BIG GAINS*



Rather Bike?

**Bikers ride every
Tuesday and Thursday
7:00 PM and Saturday
9:00 AM from the Old
Depot.**

For More Information:
785-229-3530 - Erin

September 2017

SUN

MON

TUE

WED

THU

FRI

SAT

					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30



Organization

*LITTLE STEPS
BIG GAINS*

One pair of shoes (gift certificate) for one lucky walker each month- The more you walk the better your

For More Information:
785-229-3530 - Erin