

Walk with Me

Friday, October 8

11:00 AM

Groveport Heritage Park

551 Wirt Road

Meet at the shelter house

People who are part of a walking group tend to keep exercising and not slack off

We all need encouragement!

You already know the health benefits of walking. Here's what else you get when you walk with others:

- Accountability
- Motivation
- Safety
- Socialization



Registration is required. Deadline is October 4

Groveport Town Hall: 648 Main Street, Groveport 614.836.3333