



**HEALTHY ST. MARY'S
PARTNERSHIP'S**

MONTHLY WALKING GROUP

**JOIN US FOR AN
EVENING WALK!**

UPCOMING WALKS

**OCTOBER 18 @ 5:30 PM
NOVEMBER 15 @ 5:30 PM
DECEMBER 13 @ 5:30 PM**

**JOHN G. LANCASTER PARK
(21550 WILLOWS RD)**



**In partnership with
the HSMP Chronic
Disease Action Team**

**Hosted by Peaktop
Wellness & WARcycle**

For more information on HSMP's
walking group, please email
stmaryspartnerhip@gmail.com

