



## Walking Wednesdays




Sponsored by the Community Care Network of Nichols



TRY THE NEW WALKING TRAILS IN NICHOLS

Do you want to lose weight or get healthier this year?  
Then join us **every** Wednesday at **7:15pm** to walk a trail in the village!


**Starting Wednesday, June 6th**  
**7:15pm**



**Walk begins at the new bench on the corner of Main and Kirby St.**  
You'll have the opportunity to walk with a group of people, meet "walking buddies" to keep you walking the other days of the week.



People of all ages are welcome and everyone walks at their own pace... so don't worry if you're new to it!  
So join us! It's free! You have only the pounds to lose, but a lot to gain!  
Questions call CCNN 414-1018



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