



ONE STEP AT A TIME



Every Monday 10-11am



fresh air
•
exercise
•
commaraderie



MEET AT EMRICSON PARK IN THE PARKING LOT BY THE
LOWER PLAYGROUND OFF OF SOUTH STREET. WE WILL WALK THE
PATHS AT THE PARK. WEAR YOUR GYM SHOES
& BRING SOME WATER!



Call Laura with
Questions
(815) 338-0125

