

WALK MARYLAND

BECOME PART OF THE
WALKING MOVEMENT

walk2connect  co-op



WALKING MOVEMENT LEADER TRAINING

Saturday, August 25th 10:00-1:00 PM

Community Action, Senior Center Entrance
104 E Center Street, Oakland, MD 21550

OR

Tuesday, August 28th 5:30-8:30 PM

Washington County Health Department
925 North Burhans Blvd., Hagerstown, MD 21742

Do you enjoy walking, connecting to your neighbors, learning about your community? Do you have a passion such as art, music, fitness, history, food, etc. and are interested in learning how to shape your passion into a connection-focused walking experience to share with your community?

Join our **FREE** life@3mph movement by attending one of the training opportunities above!

Become a Walking Movement Leader and learn how to facilitate walks, reach the community, and enjoy the many benefits of moving by foot. Please register and attend a walk event in your area!

For more information & to RSVP go to one of the following:
Web: Walk2Connect.com/WalkMaryland
Facebook: @WalkMaryland
Email: Ana@walk2connect.com

