



# 2025 Walk Schedule



**A FREE EDUCATIONAL AND PHYSICAL ACTIVITY SUITED FOR MOST CASUAL WALKERS, ALL AGES, LEASHED DOGS WELCOME TOO!**

**Tuesday, March 25**

**6 - 7 PM | City Island to Shipoke  
Nutrition  
Melissa Logan**

**Wednesday, August 20**

**6 - 7 PM | Italian Lake  
Diabetes  
Leader - TBD**

**Wednesday, April 23**

**6 - 7 PM | 5 Senses Garden  
Trauma Informed Care  
Dr. Tara Simmons**

**Monday, September 8**

**6 - 7 PM | Veteran's Park  
Colon Cancer Prevention  
Holly G. Dolan, MATT, MCHES**

**Monday, May 19**

**6 - 7 PM | Boyd's Park  
Women's Health  
Dr. Maria Tucker**

**Saturday, October 4**

**10 - 11 AM | Reservoir Park  
Dental Care  
Leader - TBD**

**Thursday, June 12**

**6 - 7 PM | Wildwood Park  
Outdoor First Aid | Tick Prevention  
Dr. Patrick Gavigan**

**Saturday, November 1**

**10 - 11 AM Fort Hunter  
Greenbelt Connector  
High Blood Pressure & Holiday Stress  
Dr. Everett Hills**

**Thursday, July 10**

**6 - 7 PM | Penbrook Park  
Skin Cancer Prevention  
Dr. Matthew Helm**



**Register to attend!**

Walks are organized by:  
Capital Area Greenbelt Association  
Dauphin County Parks & Recreation  
Penbrook Borough  
Penn State Health  
Susquehanna Township Parks & Recreation