

Please meet us at 1:00PM at Travers Park (2100 Pine St) by the map near the tennis courts. We walk the big loop x2. Unless otherwise noted on schedule. No walks if AQI is  $\geq 150$  or temperature  $>90$  F or  $< 20$  F. Please use your own judgement on attendance any particular day and stay safe! We are happy to have you join us!



Please call Mary Fiedler, RNC, MSN, WHNP with any questions 208-263-5159