**PENBROOK BOROUGH**

Parks Sub-committee Event

**WALK-WITH-A-DOC/JUST WALK PROGRAM**

**WEDNESDAY JULY 10**

**STARTING AT 6:00 PM**

**MEET AT THE PENBROOK COMMUNITY CENTER**

**(ELM STREET ENTRANCE)\***

FREE AND OPEN TO THE PUBLIC

     

**10 minutes presentation by Mrs. Megan Cassell, BSN, RN, CCRN, CCE, on the health benefits of walking.**

***We will walk to Little Valley Park on Hillside Street where we will conduct the Parks Sub-committee meeting. (This meeting is open to the public.) Walking distance to the parks is about one half a mile. Water & a light healthy snack will be provided to each participant (limited quantities).***

*For those that prefer you can drive to the meeting at the park. For walkers that do not want to stay for the meeting or walk back to the Borough Community Center we will have a shuttle vehicle.*

*\*Penbrook Community Center – 150 S. 28th Street, Penbrook, PA 17103*