**PENBROOK BOROUGH**

Parks Sub-committee Event

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

**SUNDAY SEPTEMBER 22nd**

**STARTING AT 1:00 PM**

**MEET AT THE PENBROOK COMMUNITY PARK PAVILION**

**(31st and Boas Streets, Penbrook)**

FREE AND OPEN TO THE PUBLIC

     

**A short presentation by Dr. Jill R. Carre, DMD, on the health benefits of walking.**

***We will walk a portion of the Capital Area Greenbelt (CAG) near Penbrook Community Park, and return to the park at the conclusion of the walk. Walking distance will be up to about one mile. Water & a light healthy snack will be provided to each participant (limited quantities).***

*Since the is an out and back walk those that prefer a shorter walk can turn around at any time they choose. This walk is being held in conjunction with the Penbrook Leo Club clean up in the CAG so feel free to help them if you want. (You should bring gloves, wear long pants, and proper footwear if you are going to help pick up litter.)*