



Saturday, August 2, 2025

12:00 - 1:00 PM

Potsdam Farmer's Market

Ives Park, Main St, Potsdam, NY 13676

Join **Martha Pickard Palmer**, CDN, a Nutritionist for St. Lawrence Health and a GardenShare Board member, for a **FREE**, fun walk!

Discover a new, safe place to walk, learn about health, and meet new friends!

The event is for people of all ages and abilities!

Questions?

Contact: Patti Hogle
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