



## April through October 2026

### 2nd SATURDAY OF EACH MONTH

Olive Street entrance  
to Lackawanna Heritage Trail

April 11 | 9 a.m.  
May 9 | 9 a.m.  
June 13 | 9 a.m.  
July 11 | 9 a.m.  
Aug. 8 | 9 a.m.  
Sept. 12 | 9 a.m.

### 3rd SATURDAY OF EACH MONTH

Delaware Street Trailhead  
Jermyn, Lackawanna River Heritage Trail

April 18 | 9 a.m.  
May 16 | 9 a.m.  
June 20 | 9 a.m.  
July 18 | 9 a.m.  
Aug. 15 | 9 a.m.  
Sept. 19 | 8 a.m.

This doctor-led group is a fun and safe place to go for a walk, learn about health, and meet new friends. The event is **FREE**, and all are welcome.



THE WRIGHT  
CENTER  
for  
COMMUNITY  
HEALTH

THE WRIGHT  
CENTER  
for  
GRADUATE MEDICAL  
EDUCATION

For more information,  
contact Melissa Germano-Ryczak, M.S. RD LDN,  
director of lifestyle modification and preventive  
medicine, at [germanom@TheWrightCenter.org](mailto:germanom@TheWrightCenter.org).

We are a local chapter of an international 501(c)3. Learn more at [walkwithadoc.org](http://walkwithadoc.org).