



Dust off those walking shoes & join the Striders of St. John's & the UPG for our weekly walks beginning in May. All are welcome, including family, friends, & even dogs (except when dogs are not permitted per the location - will be noted in the location description)! Weather permitting, all walks begin at 7:00 PM on Thursday evenings from May 6 through September 30. For variation, the location changes each week. Walk for an hour of exercise at your own pace - some of us walk quickly, some of us amble along, but we all have fun! Join us for fellowship & exercise! Let's be good stewards of the gift God first gave us...our bodies.

Walking schedule for August 2021:

- 08/05/2021 Riverview Park - 1391 Lehigh Drive (off 25th St), Easton
part of the D&L Trail
- 08/12/2021 Louise Moore Park, Country Club Rd, Bethlehem Township/Easton - Meet at
parking lot on side of road opposite from pavilions
(NO DOGS PERMITTED)
- 08/19/2021 Polk Valley Park, Polk Valley Rd, Hellertown - park in the upper-most lot (follow
signs for Meadow Trail)
- 08/26/2021 Palmer Walking Trail/Bikeway - Meet at Mine Lane Road parking lot
(by Fairview Park baseball field) in Palmer Township

More great walking locations to come in September! If you have a favorite place to go walking, let us know & we will try to work it into the schedule.