



Join the Striders of St. John's & the UPG for our weekly walks beginning. 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 Wednesday evenings. 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. NOTE - We have a special Saturday morning walk scheduled this month!

Walking schedule for June 2022:

- 06/01/2022 Hanover Township on Jacksonville Rd - meet in the parking lot near the path entrance to the playground area
- 06/08/2022 Riverview Park - 1391 Lehigh Drive (off 25th St), Easton part of the D&L Trail
- 06/15/2022 Hellertown Rail Trail, meet at Grist Mill, Walnut Street Trail Entrance
- 06/22/2022 Louise Moore Park, Country Club Rd, Bethlehem Township/Easton - Meet at parking lot on side of road opposite from pavilions (NO DOGS PERMITTED)
- 06/25/2022 SPECIAL SATURDAY WALK 9:00 AM - Jacobsburg State Park, Belfast Road, Nazareth (wear sturdy shoes). Walk might last longer than 1 hour**
- 06/29/2022 Sand Island/Tow Path, Bethlehem, meet near the Ice House

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