



Join the Blessed Trinity Striders for our weekly walks. All are welcome: family, friends, & even dogs (except when dogs are not permitted per the location - will be noted in the location description)! **Due to the days getting shorter, we adjusted our start time for the month of September.** Weather permitting, all walks begin at **6:30 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.

Walking schedule for September 2022:

- 09/07/2022 Louise Moore Park, Country Club Rd, Bethlehem Township/Easton - Meet at West parking lot on side of road opposite from large pavilions
- 09/14/2022 Hanover Township on Jacksonville Rd - meet in the parking lot near the path entrance to the playground area
- 09/21/2022 Riverview Park - 1391 Lehigh Drive (off 25th St), Easton part of the D&L Trail
- 09/28/2022 Hellertown Rail Trail, meet at Grist Mill, Walnut Street Trail Entrance

See you in the Spring for more friendship & walks!