



# Walking For Health

START YOUR TRAINING FOR THE CHARLES RIVER CENTER 5K/1 MILE WALK ON SEPTEMBER 23RD BY JOINING OUR JULY WALKING CLUB 4 PM - 6 PM

JULY 11TH  
UPPER FALLS  
GREENWAY

15 Upper Falls Greenway  
Newton, MA

JULY 12TH  
CUTLER PARK

84 Kendrick St.  
Needham, MA

JULY 19TH  
WEBSTER  
CONSERVATION

14 Hammon Pond  
Pkwy, Newton, MA

JULY 24TH  
LAKE WABAN

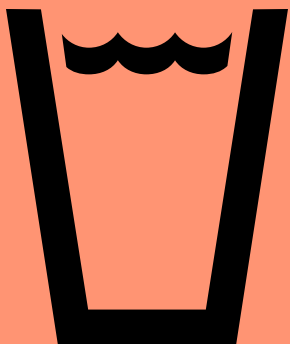
21 College Rd.  
Wellesley, MA

JULY 26TH  
HOUGHTON'S  
POND

840 Hillside St.  
Milton, MA

JULY 31ST  
CHARLES  
RIVER  
PENINSULA

12 Fisher St.  
Needham, MA



Bring: Bug Spray, Sunscreen  
Sneakers, Water

MUST BE ACCOMPANIED BY A CHAPERONE.  
TRANSPORTATION NOT PROVIDED.  
CONTACT: SARAH OUELLETTE  
WITHIN 24 HOURS OF THE DATE(S)  
INTERESTED



PHONE: 781 343 3272 | EMAIL: SOUELLETTE@CHARLESRIVERCENTER.ORG