



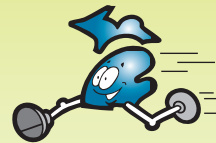
# 2014 Walking in Our Community Series

*FREE Monthly Walking Events throughout the Tri-County*

#1

Saturday, April 12, 2014 at 9:00 am

Jaycee Community Park, 525 E. River Street in Grand Ledge



**Welcome and  
healthy lifestyle  
updates by  
Mayor Kal Smith &  
Grand Ledge Healthy Lifestyle  
Ambassador Adam Auvenshine**

## **Music & Walking Warm Ups**



**Two guided walks (35 minutes):**



**Grand Ledge Historical Walk** led by Marilyn Smith that will highlight the town's history through buildings, landmarks and parks along the Grand River. Wheel chair accessible.

**Fit Walk** led by Adam Auvenshine

Questions - Contact Alicia Armstrong at Playmakers Fitness Foundation  
(517) 282-5035 or [alicia@playmakers.com](mailto:alicia@playmakers.com)