

LEBANON PARKS & RECREATION PRESENTS:
**“JUST A WALK IN THE
PARK”**

Participants may choose to walk their 3-30 minute sessions at any time throughout the week at their own convenience. Simply stop by the park office or the outdoor programs box to sign in!

If you are interested in participating in our park walking program, you will not only receive better health & fitness, in addition you will receive an incentive/prize just for completing your 6 week program.

Exceptions will ONLY be made for missed sessions due to severe weather or pre-arranged vacations.



HURRY IN TO REGISTER, OR FOR MORE INFORMATION, CONTACT STACEY AT THE PARK OFFICE: