



WALKING WITH
SOLE

A PROGRAM BY **North Ridgeville
Heart & Sole**

at **South Central Park**
7565 Avon Belden Rd.

- Stay active and meet new people.
- Hear from a local speaker every other week.
- Enjoy a 1.2 mile paved trail, StoryWalk®[®], outdoor fitness equipment and more.

Thursdays

6 - 7 p.m.

June 8 - Aug. 24

Meet at pavilion 1.

All ages and abilities.

No cost.

Contact:

nrheartandsole@gmail.com