



The North Ridgeville Heart and Sole Challenge invites you to attend Healthy Strides.

Come walk with us.

Healthy Strides combines a casual 30 minute walk, preceded by a brief informative talk by local health professionals and city officials. All members of the community are welcome.

Please note locations change monthly.

Walks will be held at the Education Center, 5490 Mills Creek Lane during inclement weather.

Free to attend. No registration

NRheartandsole.com

Date Every other Wednesday, June 3 – Sept. 23

Time 6 p.m.

Locations

South Central Park | 7565 Avon Belden Rd (Route 83)

June 3 Cary Borland, DO, Cleveland Clinic
Stacy Slack, AT (Athletic Trainer)

June 17 Mayor David Gillock, City of North Ridgeville

Sandy Ridge Reservation | 6195 Otten Road

July 1 John Reese, North Ridgeville Fire Chief

July 15 Joy Rowland, DPM, Podiatrist, Cleveland Clinic

July 29 North Ridgeville City Schools Administration

Frontier Park | 5463 Mills Creek Lane

Aug. 12 Ankur Gupta, DDS, North Ridgeville Family Dentistry

Aug. 26 Michael Freeman, North Ridgeville Police Chief

Waterbury Development | Terrell Drive

Sept. 9 Andrea Dunn, RD, Dietician, Cleveland Clinic

Sept. 23 Mayor David Gillock and
Dave Covell, Lorain County Health Commissioner

