



North Ridgeville
Parks & Recreation
Department 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.

Weekly walks to be held at
South Central Park, Pavilion 1
7565 Avon Belden Rd. (Route 83)

In the event of inclement weather walk will be canceled for the evening. Updates posted 2 hours prior at www.nrridgeville.org/parksandrec

Free to attend.
No registration required.

NRheartandsole.com

Date Every Tuesday, June 7 – Aug. 30

Time 6 to 7 p.m.

Guest walk leaders every other week below:

June 7 Mayor David Gillock, City of North Ridgeville
Cary Borland, DO, Cleveland Clinic

June 21 Jennifer Smith, PT, Cleveland Clinic

July 5 Jon Montgomery, Street Foreman
City of North Ridgeville

July 19 Polly Dengel, MD, Cleveland Clinic

Aug. 2 Scott Wangler, City Engineer
City of North Ridgeville

Aug. 16 Pastor Tom Joyce
Fields United Methodist Church

Aug. 30 Kevin Corcoran, Council President
City of North Ridgeville

