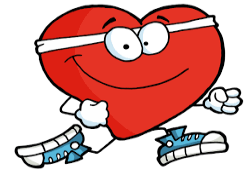




A Town of Hudson Program



# Walking Group

Come walk with us.

This program is directed toward the Active Adults in our community.

- ◊ If you enjoy socializing and exercising then this program is for you.
- ◊ Focused on a relaxing walk through the park, around the pond or in your neighborhood.



For: Active Adults 55 or older  
When: Tuesdays and Thursdays , weather permitting  
Time: 8am  
Where: Memorial Park Fishing Pond  
Price: Some Sweat

Dogs are welcome, must be on a leash  
and well mannered around people

If you have stability issues please bring  
walking sticks



For more information—303.536.9311—[rec.events@hudsoncolorado.org](mailto:rec.events@hudsoncolorado.org)