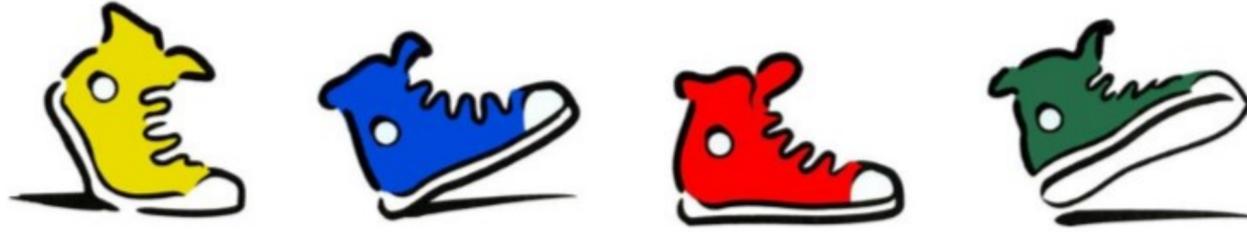


Parks & Trails—a Prescription for Better Health!

Come Walk with Us...



...From 9-10 a.m., on



Saturday, May 6: Walk with a Principal! (Easiest)

Kristie Medina, principal of Raton Intermediate School, at Roundhouse Memorial Park. Meet at Raton Regional Aquatic Center. Okay for small kids and strollers!



Saturday, June 3: Walk with a Doc! (Moderate-Strenuous)

Eric Armstrong at Climax Canyon Park. Meet at parking lot, west end of Apache Ave.



Wednesday, June 7: Walk with a Ranger (on National Trails Day!) (Moderate)

Pat Walsh at Sugarite Canyon State Park. Meet at Park Visitor Center.



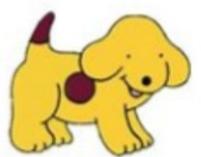
Saturday, July 1: Walk with an Old Geezer!

(Moderate-Strenuous) Howard Woodworth, age 82, at Climax Canyon Park. Meet at parking lot, west end of Apache Ave.



Saturday, Aug. 5: Walk with a Nurse! (Easiest)

RN Kaci Mundhenke at Roundhouse Memorial Park. Meet at Raton Reg'l Aquatic Center.



Saturday, Sept. 2: Walk with a Dog! (Easiest)

Raton Humane Society & Nichole Romero at Roundhouse Memorial Park. Meet at Raton Regional Aquatic Center. Bring your own dog, or walk one from the Animal Shelter.

Bring: water, good walking shoes, hat, sunblock.



Dogs on leash allowed on all walks.



For more information call:
Nichole at 445-3601
or Pat at 575-445-5607
or online viva-connects.org

