

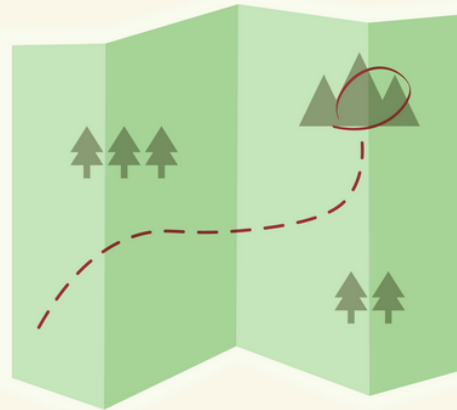
## Why Walk With Us?

1. Walking helps reduce the risk of heart disease
2. Group walking helps keep you accountable
3. No need to count your steps, we plan a 2-3 mile walk for you
4. Muscle strength and endurance
5. Keeps you mentally and physically fit
6. Helps regulate a variety of health conditions
7. Stronger bones and improved balance
8. Increased pulmonary and cardiovascular fitness
9. Community Involvement

## WALKING PROGRAM

Mondays at 7pm  
May 19-July 28

No registration  
is required!  
Everyone is welcome,  
even pets!



## Mind Over Miles

2025 Summer  
Walking Program



Van Wert Parks &  
Recreation Department  
137 Gleason Ave.  
Van Wert, Ohio 45891  
(419) 238-9121

## Location

## Milage

## Date

## Meeting Location

Park District Trail East

1.5

May 19th

Rotary Ath. Complex

Memorial Day

--

May 26th

**No Walk**

Van Wert Schools

1.75

June 2nd

High School Track

Jubilee Park

1.8

June 9th

Stone Lot off of

Brooks Ave.

Eggerss/ Fountain Park

1.9

June 16th

Fountain Park Pavilion

Fairgrounds

2.15

June 23rd

Front Gate off of 127

South Reservoir

2.22

June 30th

Boat Ramp

Smiley Park/Cemetary

2.8

July 7th

Pavilion 4

Franklin Park/Central Ins

3.15

July 14th

Central Ins Parking Lot  
off of S. Washinton

Park District Trail West

2.95

July 21st

Trail Head on Richey Rd

North Reservoir

3.00

July 28th

Dog Park off of 127