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

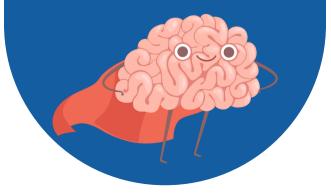
WALKING PROGRAM

VER

MND

Mondays at 7pm May 20th-August 5th

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







2024 Summer Walking Program



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

Mind Over Miles 2024 Walking Schedule

Mondays at 7pm			
LOCATION	MILAGE	DATE	MEETING LOCATION
Park District Trail East	1.50	May 20th	Rotary Ath. Complex
MEMORIAL DAY		MAY 27TH	NO WALK
Van Wert Schools	1.75	June 3rd	High School Track
Jubilee Park	1.8	June 10th	Stone Lot off of Brooks Ave.
Eggerss/ Fountain Park	1.9	June 17th	Fountain Park Pavilion
Fairgrounds	2.15	June 24th	Front Gate off of 127
South Reservoir	2.22	July 1st	Boat Ramp
Smiley Park/Cemetary	2.8	July 8th	Pavilion 4
Franklin Park/Central Ins	3.15	July 15th	Central Ins Parking Lot off of S. Washinton
Park District Trail West	2.93	July 22nd	Trail Head on Richey Rd
North Reservoir	3.00	July 29th	Dog Park off of 127

