

Walkers & Talkers



Topic: *EWPC Community Group Meetings*

Group Title: *Walkers and Talkers*

Description: *Walking with others doesn't feel like exercise! Join us for 2–5-mile walks at varying locations to keep it interesting. If it's too rainy, walks may be cancelled but we'll keep you posted via email or text.*

You should be able to:

- *Walk a mile in 20 minutes.*
- *Expect some hills and gradients (ok a bit of exercise).*
- *Bring water and a snack if needed*

Not up for this much but want to walk with others? Let us know of your interest and we may start another group.

Host Name: *Hosted by Peggy McNees & Tammy O'Neil*
peggymcnees@comcast.net
tdoneil96@gmail.com

Date: *First & Third Saturdays each month. **October 2 and 16** are the first two walks.*

Time: *9:30 am*

Walking and specific meetup locations will be announced at least a week in advance. We will meet at the designated location and wait 15 minutes before starting the walk. We request you **email the host of the hike 3 days before** if you intend to come so they can be watching for you.