

## **Do You Need a Mid-Week Pick-Me-Up?**

### **Join us for a Walk!**

Are you interested in joining a walking group? WalkWorks is a new program in Easton run through the PA Department of Health and local partners that aims to increase physical activity levels in Easton by creating easy and accessible walking routes within the community.



## **Join us every Wednesday in October at 8:00 AM**

**Wednesday 10/12:** West Ward Paxinosa Route,  
Meets at 1101 Northampton Street  
(Corner of 11th and Northampton)

**Wednesday 10/19:** Downtown Route  
Meets at Centre Square, West side of the Circle facing  
Northampton Street

**Wednesday 10/26:** Southside/ Cheston Route,  
Meets at Cheston Elementary School, 720 Coal Street



WalkWorks walks can be used to earn miles at [www.tailonthetrail.org](http://www.tailonthetrail.org). For more information about *WalkWorks*, please visit [www.pawalkworks.com](http://www.pawalkworks.com) or call 1-866-STLUKES (785-8537) or email [InfoLink@sluhn.org](mailto:InfoLink@sluhn.org). Additional walking groups are being created around YOUR schedule, so if you are interested in walking or being a walking group leader please let us know by calling 1-866-STLUKES (785-8537) or emailing [InfoLink@sluhn.org](mailto:InfoLink@sluhn.org). We look forward to walking with you!!