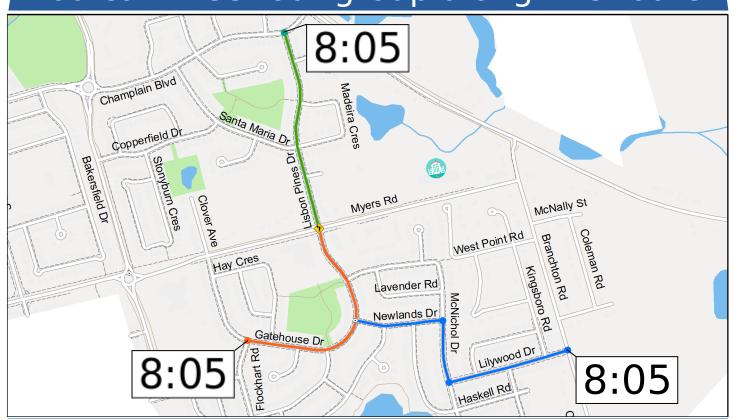


Walk with us February 6th! You can meet our group along this route



Did you know?

Walking in the cold leads to greater heart conditioning and increased endurance!













