



# Walk to Wellness Trail Walks

## JUNE 1 - SEPTEMBER 28, 2016

# FREE!



- Up to 3-mile roundtrip self-guided walks
- Sign in when you arrive
- Volunteers on site during walk hours
- Marked paved or compact trails
- Walks are rain or shine

Partake in Miles for Smiles for extra fun and prizes.  
Start by walking on one of the dates below.

## Tuesdays 6-7:30 p.m.

- June 07 Riverview Park**  
255th St and Hawley Road (past LA Fitness)
- June 14 Soos Creek Trail/ Lake Meridian**  
148th and 266th, off of Kent-Kangley  
Miles for Smiles - canned food item
- June 21 West Fenwick Park**  
3824 S. Reith Road  
Miles for Smiles - exercise 1 min
- June 28 Morrill Meadows Park**  
10600 SE 248th Street
- July 5 Soos Creek Trail S/Gary Grant Park**  
SE 208th Street
- July 12 Clark Lake Park**  
SE 240th St
- July 19 Chestnut Ridge Park**  
9901 S 203rd St
- July 26 Riverview Park**  
255th St and Hawley Road (past LA Fitness)

## Wednesdays 9-11 a.m.

- June 01 Soos Creek Trail S/Gary Grant Park**  
SE 208th Street
- June 8 West Fenwick Park**  
3824 S. Reith Road  
Miles for Smiles - exercise 1 min
- June 15 Morrill Meadows Park**  
10600 SE 248th Street  
Miles for Smiles - canned food item
- June 22 Chestnut Ridge Park**  
9901 S 203rd St
- June 29 Clark Lake Park**  
SE 240th St
- July 6 Riverview Park**  
255th St and Hawley Road (past LA Fitness)
- July 13 Soos Creek Trail/ Lake Meridian**  
148th and 266th, off of Kent-Kangley
- July 20 Soos Creek Trail N / Gary Grant Park**  
SE 208th Street
- July 27 West Fenwick Park**  
3824 S. Reith Road

### BONUS WALK

#### Guided Walk at LAKE FENWICK PARK

**Sun., July 24, 11AM - (prompt)**

25828 Lake Fenwick Rd S

Meeting Place: Boat Launch at south entrance to the park. Approximately a **2.5 mile** walk. Includes staircase up and down of 180 steps.

By Feet First, lead by Chris. [ctrails@comcast.net](mailto:ctrails@comcast.net)

For questions, contact Pam at (253) 856-4968.  
Please leave a message if it's after 5pm.

**Kent4Health.com**

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