

# MAPLE VALLEY BEST FOOT FORWARD WALKING GROUP



## Greater Maple Valley Community Center 50+ Active Adults

Join Tracy or Jamie on Monday and Friday mornings at 9:00 am for a walk on the Lake Wilderness Trail. 45-minutes long and self-paced. Leashed dogs are welcome.

No need to call ahead. The MVBFF walking group is drop-in, rain or shine. \$1 fee will help support on-going GMVCC Health and Wellness Programs.

Please meet in the parking lot and check in with Tracy or Jamie before beginning your walk.

