

# Join us for free community walks this summer

June 21-August 27



## Step Out Edmonds

Tuesdays at 9:30 a.m.  
Edmonds Senior Center  
220 Railroad Ave.

## Lynnwood Walks

Wednesdays at 2:00 p.m.  
Center for Healthy Living  
4100 Alderwood Mall Blvd.

## Lynnwood Walks

Thursdays at 6:00 p.m.  
Lynnwood Rec Center  
18900 44th Ave. W

## Mountlake Terrace Moves

Saturdays at 9:30 a.m.  
Mountlake Terrace Recreation Pavilion  
5303 228th St. SW

## Prizes Available

Come to 8 or more walks and enter to win!

- Pair of Walking/Running Shoes, donated by Brooks Outlet Store in Bothell
- Discovery Family Membership to Woodland Park Zoo, donated by Edmonds Family Medicine
- Fitbit, donated by Edmonds Family Medicine



*For more information and complete details on prize drawings, visit [verdanthealth.org](http://verdanthealth.org) or call (425) 582-8600.*



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