

## Walking Sparrow Group

The walking group is an opportunity to connect with other women while enjoying fresh air and light exercise at a gentle pace. The group will aim to connect for coffee and a treat at a local establishment following each walk! Come explore these **four** unique walks with us.

Friday **July 10** - 10 am

Fort-to-Fort Trail, Fort Langley

Friday **July 24** - 10 am

Mud Bay, 13030 48 Ave, Surrey

Access parking lot from Railway Road

Monday **August 10** - 10 am

Crescent Beach (Blackie Spit)

Pier Public Parking at 3200 McBride Ave. Surrey

Monday **August 24** - 10 am

Tynehead Regional Park, Serpentine Hills Parking Lot

17201 96 Ave, Surrey

We are pleased to announce that Harjit Bains and Sheena Hoffman will be co facilitating this group. There is no cost associated with the walking group.

Please sign up at the welcome centre.