

Moms Walking Group

Connect

Move

Breathe

Thrive

Join our weekly walking group for moms of all ages and stages! Whether you're pushing a stroller, baby wearing, or enjoying some solo mom time, this group is a welcoming space to move your body and build community.



When: Every Thursday
0900 – 1000



Where: Fort Meade – FAP Parking Lot
(Meet at the front steps)
2462 85th Medical Battalion Ave
Fort Meade, MD 20755



Who Can Join:

- New Moms
- Expecting Moms
- Military Spouses
- Caregivers
- Anyone looking for connection and fresh air



What to Expect:

- Relaxed, supportive pace
- Social time with other moms
- Fresh air and light exercise
- A great way to start your day
- Great parenting tips
- Easy, stroller friendly route



Questions? Contact Family Advocacy Program
(301) 677-4118



meade.armymwr.com

