

MOM'S WALKING GROUP

Every Thursday Morning 9:00am- 9:45am
At BURBA LAKE



Convenient Morning time
9:00am- 9:45am

Let's take a lap or two or three around
the lake

Build Stamina, Energy, and Resilience
(Get an early start on those daily steps)

Bring the kids/strollers
Everyone gets to enjoy the outside
(Don't forget your water to stay hydrated)

For more information or to register,
please contact The Family Advocacy
Program at 301-677-4118

meade.armymwr.com

