# **Walkie Talkies**

Improving mental and physical wellbeing with fun conversation and exercise.



# Wednesday, August 16, 6:00 p.m.

Pigeon Creek Greenway starting at Ohio Street Park and walking the Industrial Corridor (about 2.5 miles)

# Thursday, August 24, 5:30 p.m.

Stroll through the Vann Park neighborhood then attend Music in the Park at 6:00 p.m. Enjoy a live band and food trucks until 8:00 p.m. (Bring a lawn chair.)

### Saturday, September 9, 9:00 a.m.

From Wesselman Park playground, walk round-trip to Master Gardeners Display Garden at State Hospital Park. Approx. 2 miles.

#### Thursday, September 28, 5:45 p.m.

Seton Harvest hour-long walking tour. Free. Register online at https://cvent.me/R14ZmQ

# Saturday, October 7, 10:00 a.m.

Meet at USI Broadway Recreation Complex and walk the 2-mile Burdette Trail loop around campus

#### Thursday, October 19, 5:00 p.m.

Walk the trails at Northwoods (behind old Lloyd Pool)

#### Saturday, November 11, 10:00 a.m.

Walk the Greenway from Garvin Park to Stringtown Road and back (about 3 miles)

# Questions? Contact alutzel@ivytech.edu or Idavis207@ivytech.edu

Lamkin Center for Student and Learning Success



