



WALK WITH THE MAYOR

A step up to healthier living.



WALK WITH THE MAYOR – Southwest City

TUESDAY, June 4, 2019 at 6:00 PM

Meet on the sidewalk between Woodland Estates & the Southwest Elementary School

Don't miss this great opportunity to Walk with your Mayor! Meet new friends & neighbors, learn about Lebanon and add some healthy steps into your day.

This walk will include a brief grocery store tour at Weis Markets, 800 S. 12th Street with Licensed Registered Dietitian Kathy Thomas. Kathy will talk about how to smartly shop for healthy foods. **FREE** pedometers will be given to all walkers while supplies last. Come join us!



REGISTRATION IS REQUIRED. Registration forms may be obtained on the City of Lebanon website at www.lebanonpa.org OR on the reverse side of flyer. Walkers may also register by calling:

Michelle Remlinger, City Healthy Initiatives

At 717-272-6611 Ext. 105

REGISTRATION FORM

WALK WITH THE MAYOR – June 4, 2019

Name: _____

Phone: _____

Address: _____

E-mail: _____

Please return form to: Michelle Remlinger
City Healthy Initiatives
Lebanon City Police Department
400 South 8th Street
Lebanon, PA 17042
OR
Lebanon Valley Family YMCA
201 North 7th Street
Lebanon, PA 17046