

Healthy Habits- One Step at a Time

November & December Walking Schedule



Tuesday Nights at 6:00 p.m.

Nov. 4	Pigeon Creek- 12524 Stanton St, West Olive	Meet by the map
Nov. 11	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Nov. 18	City of Hudsonville- 3488 Kelly St, Hudsonville	Meet outside Gemmens
Nov. 25	City of Holland- 24 W 8 th St, Holland	Meet outside Gazelle Sports
Dec. 2	Pigeon Creek- 12524 Stanton St, West Olive	Meet by the map
Dec. 9	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Dec. 16	City of Hudsonville- 3488 Kelly St, Hudsonville	Meet outside Gemmens
Dec. 23	City of Holland- 24 W 8 th St, Holland	Meet outside Gazelle Sports
Dec. 30	Pigeon Creek- 12524 Stanton St, West Olive	Meet by the map

Come to the walks with comfortable shoes and layers as we will be walking outside. Remember to check the group Facebook page or your email before heading to the scheduled location in case changes occur.

<https://www.facebook.com/groups/SHHealthyHabits>

If you have specific questions or something you would like to discuss during our walks, please seek me out as I would love to chat with you about your health journey. Each week we will have a new healthy habit education that will be given at the end of the walks and posted on our Facebook page. Anyone in the community is welcome to join! Generally, we walk for 45 mins.

Get your steps in, learn a healthy habit, and socialize!

CONTACT INFORMATION

Heidi Lynema, RDN, BCBC
Heidi.lynema@corewellhealth.org

