

**FREE EVENT**



# HIGHLAND PARK

A Program of the Park District of Highland Park

## Community Walk

**Sat June 8 / 9:30-10:30am**

**Community Park at the Recreation Center of Highland Park  
1207 Park Ave West**

Join your friends, neighbors and family for **Go Highland Park**'s first community walk. Meet at the south entrance of the park and we will walk together. Five fun exercise stations for all ages will be along the path.

**GO Highland Park** is a community-wide movement designed to promote our residents' health through activity, education and collaboration. The **GO Highland Park** movement is simple – encourage everyone in our community to walk at least 30 minutes a day. Join us and your neighbors in walking your way to better health!



Presented by:



RECREATION CENTER  
of HIGHLAND PARK

**THIS SIMPLE ACT OF WALKING HAS THE POWER TO TRANSFORM YOUR HEALTH**

Vivek H. Murthy - U.S. Surgeon General