



TRI COUNTY WALK EXPO

*Become part of the walking movement...
for yourself, your family, & your community!*

September 25, 2018

4:00-7:00 p.m.

**Wicomico County Youth
& Civic Center**

500 Glen Ave., Salisbury, MD
Flanders Rooms
(park & enter on Glen Ave. side)

Register by September 20, 2018

<https://tricountywalkexpo.eventbrite.com/>
or scan code 



Attend 1 or all sessions!

4:30-5:30 & 6:00-7:00.....Why Walking/Walkability

4:30-5:00 & 6:00-6:30.....Walking & Equity

5:00-5:30 & 6:30-7:00.....Mindful Walking for Wellbeing

Exhibitors 4:00-7:00 p.m.

*Dress for walking & the weather.
Ages 18 & older only.*

**Light
Refreshments**

**Door
Prizes**



Public Health
Prevent. Promote. Protect.
Somerset, Wicomico, and Worcester
County Health Departments

