



Walking in Our Community

Saturday, May 2, 9:00 a.m.-10:30 a.m. - Mayor's Grand Ledge Walk About

- J. C. Park, corner of Franklin and E. River Street, Grand Ledge 48837 (Meet at the Boat Launch Pavilion)

Saturday, May 30, 1:30 p.m.-3:30 p.m. - Hunter Park Music Festival and Walk

- 1400 E. Kalamazoo, Lansing 48912 (Meet at the Blue Cross Blue Shield Michigan Tent)

Saturday, June 6, 10:00 a.m.-12:00 p.m. - South Lansing Community Farmers Market and Walk

- Benjamin Davis Park, 5614 Pleasant Grove Rd (between Jolly & Miller), Lansing 48910 (Meet at the main entrance of Benjamin Davis Park)

Saturday, July 11, 10:00 a.m.-12:00 p.m. - Lansing's Westside Historical Walking Tour

- (Meet at BIGGBY Coffee, 2002 W. Saginaw, Lansing 48915)

Sunday, August 2, 10:00 a.m.-12:00 p.m. - Valley Court Park Walk & Farmers Market

- 201 Hillside Court, East Lansing 48823 (Meet near the Farmers' Market)

Sunday, September 6, 10:00 a.m.-12:00 p.m. - Old Town Historic Walking Tour, First Sunday Gallery Walk and Farmers Market

- (Meet at Turner Mini Park, corner of Grand River and Turner, 1200 Turner, Lansing 48906)

Saturday, October 3, 9:00 a.m.-10:30 a.m. - Hawk Island Park Walk and Touch-A-Truck Day Event

- 1601 E. Cavanaugh Rd, Lansing 48910 (Meet at the Red Tail Shelter)

Saturday, October 10, 8:15 a.m.-10:30 a.m. - Making Strides Against Breast Cancer Walk at the Michigan State Capitol Lawn, Capitol Avenue at Michigan Avenue, Lansing

- (Meet at the main Registration area)

Saturday, November 7, 9:00 a.m.-10:30 a.m. - Delta Township Grand Woods Park Walk

- 4500 Willow Highway, Lansing 48917 (Meet at open air shelter near Park entrance)

Sunday, December 6, 2:00 p.m.-3:30 p.m. - Christmas Walk in Historic Village, Meridian Township

- Municipal Offices, 5151 Marsh Rd, Okemos 48864 (Meet at Farmers Market Pavilion)

To sign-up for a walk(s) @ www.midmeac.org/register OR at each walk!

Questions: Alicia Armstrong, Community Partners in Health 349-3803 or Jessica Yorke, Smart Commute 214-5684