

Steps to a Healthier You!

WalkWorks is a program to increase opportunities for physical activity through a network of fun, fact-filled and community-based walking routes led by a group leader. Walking groups have been created through a partnership among the PA Department of Health with the University of Pittsburgh Graduate School of Public Health and the Indiana County Office of Planning & Development.

Indiana County WalkWorks Group Walks

Blairsville

Monday/Wednesday/Friday, 6pm

Tuesday 9am

Former S&T Bank on Market Street

Clymer

Small Route - Wednesday, 10am

Slovak Club parking lot in alleyway

Long Route - Monday/Wednesday/Friday 9am

Lee Street Park

Ernest

Monday, 4:45pm

McMillan Park

Glen Campbell

Saturday, 12Noon

First Baptist Church of Glen Campbell

Homer City

Looking for a new group leader. If interested, email: bhaug@upstreetarchitects.com

Indiana Borough

Wednesday, 6pm

IRMC Park on N. 7th Street

Small Route - Wednesday, 9am

1001 Oak Street

Indiana Regional Medical Center

Tuesday and Thursday at 11:30am and 12:30pm

IRMC Healing Garden behind the Medical Arts Building

Saltsburg

Uptown Route - Tuesday, 6:30pm

Saltsburg Library

Downtown Route - Thursday, 6:30pm

Saltsburg Canal Park on Water St.

White Township Recreation Complex

Thursday, 12:15 pm

White Township Recreation Complex lower parking lot (by the basketball courts)

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Please visit the following webpages
for more information: www.pawalkworks.com
or <http://icopd.org/indiana-county-walkworks-program.html>



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