



Get Your Tail on the Track with Community Walking

Where: Panther Valley Football Stadium

When: Mondays at 5:30 pm
(August 19, 26, September 9, 16, 23, and 30)

*Bring your own water or enjoy some of our fruit-infused water
Participants can take home free, fresh vegetables from Leiby's Farm
(while supplies last)*

All are welcome! No registration required!

Questions or comments, please contact:
Kerri Quick at kerri.quick@sluhn.org or
Kristin Black at Blackk@panthervalley.org

St. Luke's University Health Network and Delaware and Lehigh National Heritage Corridor are encouraging you to get out and get active. Don't forget to sign up at www.tailonthetrail.org, it's FREE, and when you log the miles you walk, run and bike, you'll earn prizes! Whether you're training for this event, or getting out on the trails for some fresh air, your miles count! Join today and help us in building a healthier community....one mile at a time.



Visit the St.Luke's /Panther Valley Adopt a School tab on panthervalley.org
For more information and upcoming events