

Healthy Habits- One Step at a Time

November & December
2026 Walking Schedule



Tuesday Nights at 6:00 p.m.

Nov. 3	City of Holland- 24 W 8 th St, Holland	Meet outside Gazelle Sports
Nov. 10	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Nov. 17	City of Hudsonville- 3488 Kelly St, Hudsonville	Meet outside Gemmens
Nov. 24	Holland Community Center- 12343 James St, Holland	Inside walk on their track!
Dec. 1	Pigeon Creek- 12524 Stanton St, West Olive	Meet by the map- outside lighted trail walk.
Dec. 8	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Dec. 15	City of Holland- 24 W 8 th St, Holland	Meet outside Gazelle Sports
Dec. 22	City of Hudsonville- 3488 Kelly St, Hudsonville	Meet outside Gemmens
Dec. 29	Holland Community Center- 12343 James St, Holland	Inside walk on their track!

Come to the walks with comfortable shoes and layers as we will be walking outside, unless noted. Remember to check the group Facebook page or your email before heading to the scheduled location in case changes occur.

<https://www.facebook.com/groups/SHHealthyHabits>

If you have specific questions or something you would like to discuss during our walks, please seek me out as I would love to chat with you about your health journey. Each week we will have a new healthy habit education that will be given at the end of the walks and posted on our Facebook page. Anyone in the community is welcome to join! Generally, we walk for 45 mins.

Get your steps in, learn healthy habits, and socialize!

CONTACT INFORMATION

Heidi Lynema, RDN, BCBC
Heidi.lynema@corewellhealth.org

