

Healthy Habits- One Step at a Time 2025 Spring Schedule



Tuesday Nights at 6:30 p.m.

4/01	Maplewood Park- 8000 12 th Ave, Jenison	Meet under pavilion
4/08	No group walk	Spring break
4/15	Upper Macatawa- 1300 84 th Ave, Zeeland	Meet under pavilion
4/22	Grand Ravines, South- 3991 Filmore St, Jenison	Meet near restrooms
4/29	Riverview Park- E 4 th St & Columbia Ave, Holland	Meet on the sidewalk
5/06	Elmwood Pathway- meet at Corewell Health Hudsonville- 3152 Port Sheldon St, Hudsonville	Meet in the back parking lot
5/13	Helder Park- 3751 104 th Ave, Zeeland	Meet under far back pavilion
5/20	8 th Avenue Park- 7050 8 th Ave, Jenison	Meet under pavilion
5/27	Outdoor Discovery Center- 4214 56 th St, Holland	Meet by the fountain/sign
6/3	Grand River Park- 9473 28 th Ave, Jenison	Meet at the map
6/10	Paw Paw Park, East- 1230 Paw Paw Dr, Holland	Meet at the picnic table
6/17	Bend Area Loop- 9500 12 th Ave, Jenison	Meet in far back parking lot
6/24	Mt Pisgah- 2238 3 rd Ave, Holland	Meet by map/sign *Steps!

Come to the walks with comfortable shoes and bring your water bottles to stay hydrated. 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 group Facebook page. Anyone in the community is welcome to join! Generally, we walk for 45 mins.

Get your steps in, learn a healthy habit, and socialize!

CONTACT INFORMATION

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