

Healthy Habits- One Step at a Time 2025 Summer Schedule



Tuesday Nights at 6:30 p.m.

July 1	8 th Avenue Park- Meet at Georgetown Senior Ct.	Meet @ 7100 8 th ave, Jenison
July 8	Hudsonville Nature Center- 2700 New Holland St	Meet at the map. *stairs/hills
July 15	Van Raalte Farm Park- 1076 E 16 th St, Holland	*Country Club Road entrance. Meet at the map.
July 22	Grand Ravines, North- 9920 42 nd Ave, Jenison	Meet near the restrooms
July 29	Upper Macatawa- 1300 84 th Ave, Zeeland	Meet under the pavilion
Aug 5	Hager Park- 8143 28 th Ave, Jenison	Meet under pavilion near restrooms and wooden playground.
Aug 12	Hawthorne Pond- 9876 Black River Ct, Holland	Meet under the pavilion
Aug 19	Fish Ladder Park- 560 Front Ave, NW Grand Rapids (Parking is free here) We will be walking downtown riverwalk!	Meet near parking lot. * We will be walking about 3 miles, so longer than usual.
Aug 26	Helder Park- 3751 104 th Ave, Zeeland	Meet under the pavilion all the way back.

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

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

