

Healthy Habits- One Step at a Time 2025 Fall Schedule



Tuesday Nights at 5:30 p.m.

***Note time change because it gets dark earlier.**

Sept. 2	Outdoor Discovery Center- 4214 56 th St, Holland	Meet by the map/fountain
Sept. 9	Bend Area Loop- 9500 12 th Ave, Jenison	Meet at the map at the end of the road.
Sept. 16	Upper Macatawa- 1300 84 th Ave, Zeeland	Meet under pavilion.
Sept. 23	Maplewood Park- 8000 12 th Ave, Jenison	Meet under pavilion
Sept. 30	Riverview Park-E 4 th st & Columbia, Holland	Meet on the sidewalk
Oct. 7	Grand River Park- 9473 28 th ave, Jenison	Meet by the map
Oct. 14	No walk tonight- instructor at a conference	
Oct. 21	Hemlock Crossings- 8115 West Olive Rd, West Olive	Meet by the restrooms
Oct. 28	Grand Ravines, North- 9920 42 nd Ave, Jenison	Meet by the restrooms

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 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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