

# Healthy Habits- One Step at a Time 2026 Winter Schedule



## Tuesday Nights at 6:00 p.m.

Jan 6	City of Hudsonville- 3488 Kelly St Hudsonville	Meet outside Gemmens
Jan 13	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Jan 20	City of Holland- 24 W 8 <sup>th</sup> St, Holland	Meet outside Gazelle Sports
Jan 27	City of Hudsonville- 3488 Kelly St Hudsonville	Meet outside Gemmens
Feb 3	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Feb 10	City of Holland- 24 W 8 <sup>th</sup> St, Holland	Meet outside Gazelle Sports
Feb 17	City of Hudsonville- 3488 Kelly St Hudsonville	Meet outside Gemmens
Feb 24	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Mar 3	City of Holland- 24 W 8 <sup>th</sup> St, Holland	Meet outside Gazelle Sports
Mar 10	City of Hudsonville- 3488 Kelly St Hudsonville	Meet outside Gemmens
Mar 17	City of Zeeland- 320 E Main Ave, Zeeland	Meet outside Zeeland Rec
Mar 24	City of Holland- 24 W 8 <sup>th</sup> St, Holland	Meet outside Gazelle Sports
Mar 31	Pigeon Creek- 12524 Stanton St, West Olive	Meet by the map

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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