

# Radnor Steps

community walking program

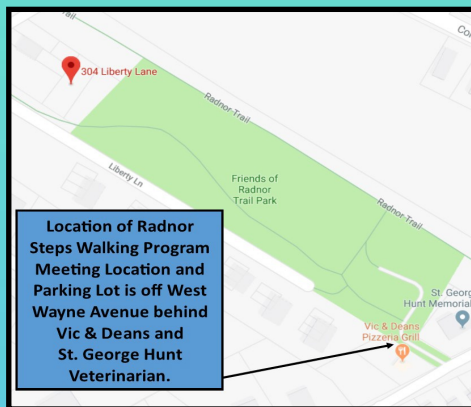


## Radnor Township offers a FREE weekly group walking opportunity!

**Who:** ALL AGES AND FITNESS LEVELS ARE WELCOME!

**When:** Fridays at 9am

**Where:** Meet at the West Wayne Entrance of the Radnor Trail



## Why Walk?

Walking is one of the easiest ways that people of ALL ages & abilities can improve their health!

You will have more energy today and sleep better tonite!

Meet others in your community and enjoy the beauty of the Radnor Trail!

**Please come out & join us and learn all the health benefits of simply walking!**

*Good things happen when you move!*



**For more information  
please call Jen: 610-504-3624**