

Recovery Foliage and Wellness Hike



Nancy Wind

Yoga Instructor/ Hiking Guide
Peaksandposes.com

**Sunday October
27th**

10 am-12 noon Whip Hill parking

**Join the Community Addiction Coordinator and Nancy Wind on a
free guided Recovery Foliage and Wellness Walk/Hike**

Let's promote a healthy life style.

All Welcome!

Starting Point at Whip Hill parking area

- **Bring friends and family**
- **Beginners walking/hiking experience**
- **Enjoy an morning outside in community**
- **Any questions please feel free to call Elle Simoni at (781) 507-2405
or email esimoni@stoneham-ma.gov**