

# Charles County is moving!

# Walk with Us!

Join us for one or all of the following walks. Stay fit, walk safely in a group all while enjoying our counties' parks! Call 301-609-6622 for more information.

Registration is not required. Just come!

Like us on Facebook: [Healthy Charles County](#)

Please see Healthy Charles County Facebook page for possible changes in times and location.

## 2025 Schedule

**June 22<sup>nd</sup>, Sunday, 10:00 am, Pisgah Park, La Plata, MD**

**July, 19th, Saturday, 10:00 am, Middletown Road Trailhead, Indian Head Rail Trail, White Plains, MD**

**August 17th, Sunday, 9:00 am, Laurel Springs Park, La Plata, MD**

**September 20<sup>th</sup>, Saturday, 1:00 pm, Maxwell Hall Park, Hughesville, MD**

