

Sault Tribe Health Division Presents:

# SUMMER TRAIL WALKING GROUP



Join guided walks with your community on Tuesday mornings.

**LYNN TRAIL SYSTEM,  
(MINNEAPOLIS WOODS)**

*June 2nd*

**ALGONQUIN SKI TRAIL  
(W 16TH AVE)**

*June 9th*

**ASHMUN CREEK  
(BEHIND BUFFALO  
WILD WINGS)**

*June 16th*

**ROUND ISLAND  
NATURE PRESERVE  
(BIRCH POINT LOOP)**

*June 23th*

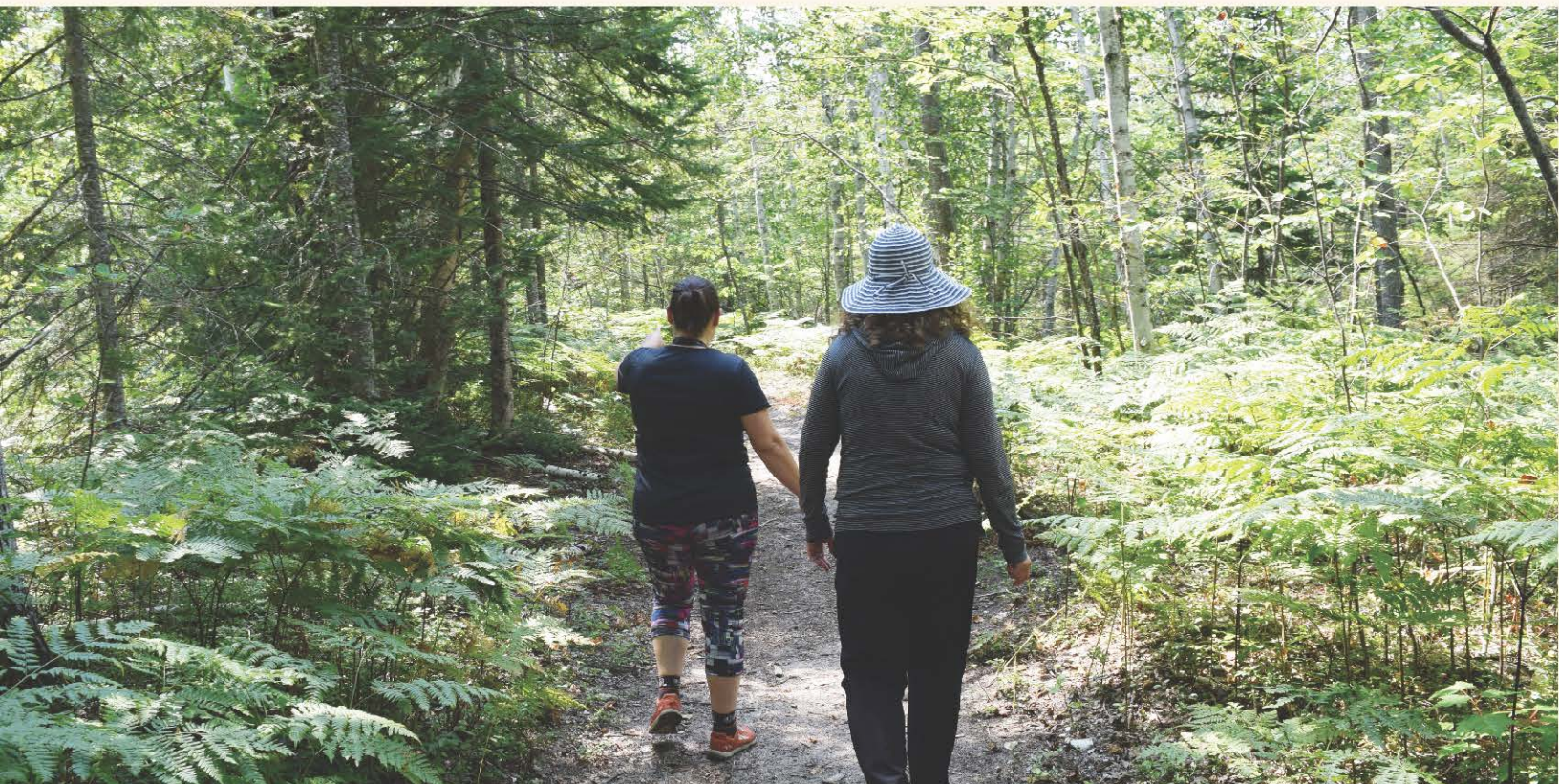
**BIG BEAR  
WALKING TRAIL**

*June 30th*

**TUESDAYS,  
JUNE-AUGUST  
10:30AM -12:00PM**

*Bring your hiking shoes,  
sunscreen, and bug  
mitigation items!*

*To Register call Sault Tribe  
Community Health  
906-632-5210, or email  
CMcLaren@saulttribe.net*



Brought to you by Sault Tribe Community Health's Medical Fitness Program. Supported by the Good Health and Wellness in Indian Country with funding from the Centers of Disease Control and Prevention.