

Moms on the Move

Dinner is finished, the dishes are done, and it's a beautiful evening. You know you should go out for a walk but the motivation is just not there...so let Parks and Recreation help you regain that motivation and a little free time with *Moms on the Move*, a walking program for active women of all ages.



The program is simple; we'll meet at 7:00 p.m. at **Shamrock Park every Tuesday evening June 1-August 17, 2010** for a one-hour walk throughout Clare. Discover how beautiful our little town is by leaving the kids at home* and giving yourself some time to relax. Parks and Recreation will provide a route; you come prepared to walk and get in a little girl time. There is no cost for the program and if you can't make it, no problem.

*You may bring the kids if you prefer. Dogs on leashes also permitted



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