

# Check out our Trails!

*The City of Concord and the Capital Area Wellness Coalition encourage you and your family to experience the open space in Concord. Join us for some of our upcoming events!*

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- August 5<sup>th</sup> @ 10 a.m. Winant Park Trails: bring your dogs to walk with Lorraine LoRusso Courtney of Park & Bark Dog Daycare
- August 8<sup>th</sup> @ 5:30. Mast Yard State Forest guided off-road bike ride for beginners with Matt Browser.
- August 26<sup>th</sup> @ 10 a.m. Batchelder Mill Trails Guided Walk
- September 19<sup>th</sup> @ 5:45 pm Yoga Hike w/Allison Murphy (registration required; visit <http://concordnh.gov/trails> after 8/15 to register)
- September 30<sup>th</sup> @ 9 a.m. Sewalls Falls Trails Walk with the Mayor
- Check out the City website for more information and for more upcoming events ([www.concordnh.gov/trails](http://www.concordnh.gov/trails)), or contact Beth Fenstermacher, 225-8515, [bfenstermacher@concordnh.gov](mailto:bfenstermacher@concordnh.gov)
- Email Beth to be placed on our email list for upcoming events

**Don't forget to request your Trail  
Passport! Find out more at:  
[www.capwellness.org](http://www.capwellness.org)**

