



Pink in the Park is a **FREE** community walking and fitness program established to encourage people of all ages to **improve** their overall **health** and **fitness** through walking.



## Pink in the Park

Join us every Monday in August

August 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup> & 30<sup>th</sup> • 6:00pm

Pavilion at Nay Aug Park  
Mulberry Street, Scranton

Come at 5:00pm on August 2nd to register for the 5-Week program. The first 50 people to take the 5-Week Pledge will receive **goodie bags** and can take advantage of other Pink in the Park Member Benefits.

Set a new goal for yourself and increase your stamina in time for the **Northeastern Pennsylvania Affiliate's 20th Susan G. Komen Race for the Cure** on **September 11th**.

If you currently can walk a quarter mile, set a new goal of a half mile.

If you can walk a mile, try two. Every little bit helps.

Weekly walking tips and proper footwear screenings will be provided by Scranton Running Company and each week the warm-up will be provided by local exercise specialists.

In collaboration with:



Mayor Christopher A. Doherty

