

Walking Warm this Winter

Southern Kennebec County

Printed by MaineGeneral Medical Center

"Move More"

www.movemore.org



www.letsgo.org

All walking areas will be available November 1, 2011 through April 1, 2012

The gyms at these locations are open to the public for walking through the winter.

Gardiner Area High School

2:30 - 4:30 pm. (Mon - Fri)

River View Community School

Pittston School Gym

Gardiner Regional M.S.

6:00 - 7:00 am. (Mon - Fri)

T.C. Hamlin School Gym

6:00 - 7:30 am. (Mon - Fri)

Marcia Buker School

(Richmond)

3:00 - 5:00 pm. (Mon - Thurs)

Longfellow's Greenhouses

8:00am - 5:00pm (Mon - Sat)

Laura E. Richards School

7:00 - 7:30am (Mon - Fri)

Do not let the cold weather keep you from staying active.
Walk warm this winter!

Please change into a clean pair of indoor shoes and sign in at the office.

Feel free to contact other schools in your town to see if they allow walking in the gym.

For more places to walk check www.movemore.org