



# Get Walking

Walking kicks-off October 1 - December 1.

Walk eight weeks and be eligible for lunch and door prizes Tuesday December 1!

Meet at the New River Waterfront Park at Noon.

Please visit: [www.onslowcountync.gov/parks](http://www.onslowcountync.gov/parks) to register and visit Park Trail Maps!

Get moving, breathe, grow and connect with friends and family. Feel refreshed and energized while in your parks and on the trails. Sign up and walk individually or in a group.

Learn about walking and nutrition from a registered dietitian from the Onslow County Health Department. Call 347-2154 ext.8233 to reserve a date and time for group or individual information.

Open to County & City employees, Businesses,  
Churches,  
Schools,  
and Neighborhoods!



Join us for camaraderie, exercise and a breath of fresh air!

For more information or to register, contact:

Onslow County Parks & Recreation at 910.347.5332 or

log on to: [www.onslowcountync.gov/parks](http://www.onslowcountync.gov/parks)

Enjoy a specially-prepared low-fat pizza!

