

Wadsworth Park

GO WADSWORTH

A Walking Initiative Promoting Healthy Living

PARK WALK

Benefits of Walking

- Improves mood and sleep
- Maintains a healthy weight
- Strengthens bones and muscles
- Spend time with neighbors
- Enhances balance and coordination

Every Wednesday as of July 10, 2019 at 5PM
Also be sure to visit our weekly Farmer's Market!
14155 W. Wadsworth Road, Wadsworth, IL 60083