

Waltham Walks Meetups

Take a walk, meet others, and get fit! Also see Waltham Recreation website <https://www.city.waltham.ma.us/recreation-department> and the Healthy Waltham website, <http://www.healthy-waltham.org>. You are invited to get involved and organize a walk! Contact Stacey@healthy-waltham.org.

| Date | Time | Walk Leader | Meetup Location |
|-----------------------------------|----------|--|---|
| Wed., May 1 | 5:30 PM | Waltham Women's Club | Moody St., Meet at Moody St. Bridge |
| Sat. May 11 | 10 AM | Wellness Walk with Johnson Compounding and Wellness. Walk and talk with wellness experts. Nutrient-dense drinks and treats provided at the end of the walk | Johnson Compounding 577 Main Street Waltham. Park across the street. |
| Fri., May 17 | 7 PM | Ward 4, John McLaughlin | Meet at McCabe Field |
| Sat., May 25 | 11:30 AM | Mental Health Awareness Day | Waltham Common |
| Thur., May 30 | 6 PM | Ward 5, Joey LaCava/At Large Randy LeBlanc | Meet at Elsie Turner Field |
| Thurs., June 6 | 6-7 PM | Ward 2, Candidate Bill Hanley | Meet at Little League Shack at Lazazzero Park. |
| Sun., June 16 | 5 PM | Plympton Wellness Committee/Donnie Lucente | Starbucks at Market Basket |
| Tues., July 9 | 6 PM | Ward 5, Joey LaCava/At Large Randy LeBlanc | Waltham Common, in front of City Hall |
| Sun., Sept. 8 | 10:30 AM | Debbie & Julie, Waltham Overcoming Addiction | Waltham Common |
| For Senior Citizens - Mon/Wed/Fri | 10-11 AM | Waltham Connections for Healthy Aging & Healthy Waltham | Indoor track at the Bentley University Dana Athletic Center, 450 Beaver St. |

