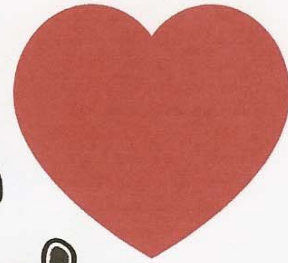




# Trails To A Healthy Heart



*Saturday, June 5, 2010 and  
Sunday, June 6, 2010*

Providence St. Peter Hospital Fitness Center  
Start: Between 8:00 AM and 1:00 PM  
Finish: By 4:00 PM

Celebrate National Trail Day with a weekend of Volkswalks designed to show you that our Thurston County trail system can be a big part of your healthy lifestyle!

Sponsored by:



**SANCTIONED  
EVENT**



Eligible for credit toward  
IUV Achievement Awards



## Capitol Volkssport Club



## PROVIDENCE

St. Peter  
Hospital

Regional Heart Center  
[www.rightplaceformyheart.org](http://www.rightplaceformyheart.org)



## Mended Hearts

Chapter 130

# Thurston County Parks & Recreation

