

# The Mile Starts Here

Take steps toward being active through *"The Mile Starts Here"* program! All activities are free, open to the community and offer great opportunities to meet other people.

## 2017 Schedule

{Wednesdays}

<b>1st, 3rd, and 5th</b> Wednesday of the month Meet at 9 a.m.	April 5 & 19, May 3, 17, & 31, June 7 & 21, July 5 & 19, Aug. 2, 16, & 30, Sept. 6 & 20, Oct. 4 & 18	<b>Waterfall Park:</b> 4501 S. Bass Pro Drive
<b>2nd</b> Wednesday of the month Meet at 9 a.m.	April 12, May 10, June 14, July 12, Aug. 9, Sept. 13, Oct. 11	<b>McCoy Park:</b> 800 N. Bess Truman Pkwy
<b>4th</b> Wednesday of the month Meet at 9 a.m.	April 26, May 24, June 28, July 26, Aug. 23, Sept. 27, Oct. 25	<b>Independence Athletic Complex:</b> 17800 E. Salisbury Rd.

{Thursdays}

### May:

**11**—Family Walk, Waterfall Park (4501 S. Bass Pro Drive), 6 p.m.

**25**—Yoga in the Park, Rotary Park (10615 E. 24th St. S.), 10 a.m.

### June:

**8**—Family Bike Ride, Peddler's Cycling and Fitness (139 E Lexington), 6 p.m. \*\*Slow, easy, no one left behind, 5-10 miles\*\*

**22**—Family Walk, Waterfall Park, 6 p.m.

### July:

**6**—Water Walking, Adventure Oasis (2100 Hub Dr.), 8 p.m.

**20**—Family Walk, Waterfall Park, 6 p.m.

### August:

**3**—Family Bike Ride, Peddler's Cycling and Fitness, 6 p.m.

**17**—Family Walk, Waterfall Park, 6 p.m.

### September:

**14**—Family Walk, Waterfall Park, 6 p.m.

**21**—Yoga in the Park, Rotary Park, 6 p.m.

### October:

**5**—Family Bike Ride, Peddler's Cycling and Fitness, 6 p.m.

**19**—Family Walk, Waterfall Park, 6 p.m.