

Forest Park Saturday morning bike rides start April 14, 8 am at the Howard Mohr Center, all ages welcome, 15 miles round trip!!



Live Healthy Forest Park!

Invites you to

Play more, move more, nourish more, grow more!

You are officially and cordially invited to join us on a Ride of the Illinois Prairie Path

"To what?" you ask. Joins Us, Bring the Whole family, your Bike & Helmet

No matter who you are, or your abilities, as long as you can ride, you can do this.

Join us each week,

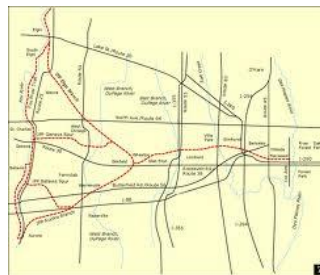
Starting Saturday, April 14, 2012 at 8 AM

We will meet at the Parking Lot of The Forest Park Community Center

7640 Jackson Boulevard

We will Bike a round trip out to Elmhurst and back.

For more information contact The Live Healthy voice mail at (708) 343-6576



www.livehealthyforestpark.net

Live Healthy Forest Park 517 DesPlaines Ave Forest Park, IL 60130 (708) 343-6576

Live Healthy Forest Park is a Partnership of the Village of Forest Park, The Park District of Forest Park, The Community Garden of Forest Park, Forest Park Community Center, and School District 91.

The Illinois Prairie Path consists of three distinct branches originating from a point just west of downtown Wheaton. The eastern branch is known as the Main Stem and runs 15 miles round trip from Elmhurst to Forest Park at the Forest Park CTA station.