



Walk With Us



Join the downtown walking group **Mondays at 12:15 PM** for a 1.25 mile walk along the Cedar River and Cedar Valley Nature Trails!

 **Start** - Outside UFG Wellness Center (201 2nd St SE)

 **Route** - 2nd Ave SE to Cedar River Trail to 7th Ave SE to Cedar Valley Nature Trail to 2nd Ave SE

As schedules permit, a walk leader will be present to lead the walk. Otherwise, walkers are encouraged to meet at the starting location and start the walk promptly at 12:15 PM for a self-led walk.

Sponsored by UFG and the City of Cedar Rapids Wellbeing Advisory Committee.

