

JOIN THE **CFS WALKING CLUB** FOR THE **2024 SEASON!**

The CFS Walking Club is led by CFS participant **Kevin** and his DSP **Yolanda**, where they lead others on informational, guided walks all around New York. For more information, email InnovativeTeam@cfsny.org

You can also get your friends and family together and create your own small walks!

Here are some ways to keep things interesting:

Penny Walk: Flip a penny at intersections to decide your route and explore new areas.

Clean It Up: Collect litter and recyclables to help your community.

Join a Group: Find a CFS walking club or start your own.

Learn Your Neighborhood: Discover local history while walking.

Explore Nature: Travel to nearby nature trails and preserves to observe the wildlife and scenic routes.

Remember to log your walks:

Help us reach our goal of walking **70 Miles in 70 Days** to celebrate **CFS' 70th Anniversary!** Use the QR code to track our miles across the organization.



Log your miles

<https://www.cfsny.org/milelog>



The Center for Family Support