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FOR IMMEDIATE RELEASE

Contact: Polly Jones
236-7091, pollyj@coastalmountains.org

Coastal Mountains Land Trust and Journey to Health Leads Happy Wanderers Hike

Camden – Join Coastal Mountains Land Trust and Pen Bay Medical Center and Waldo County General Hospital's Journey to Health program for a *Happy Wanderers Hike* at **10:00 a.m. on Thursday, May 5th** at the Hodson Preserve in Camden. This is a 2.2 mile out and back hike, which can be made longer.

Directions: From Camden, take Washington Street/Route 105 for 2.5 miles. Turn left onto Molyneaux Road and drive approximately 0.6 miles to the preserve parking area on your right.

The Happy Wanderers meet on the first Thursday of each month at the trailhead of a Coastal Mountains Land Trust preserve. The hikes range in location from Rockport to Searsport. Each outing is led by a Coastal Mountains and a Journey to Health staff member. We hope you can join the adventure! For a full 2022 Happy Wanderers schedule, visit www.coastalmountains.org.

Go to www.journeytohealth.coursestorm.com to register.

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Coastal Mountains Land Trust has worked since 1986 to permanently conserve land to benefit the natural and human communities of the western Penobscot Bay. The Land Trust has protected over 12,000 acres, offering 50 miles of trails for public recreation.

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Journey to Health programming is offered by PenBay Medical Center's Community Health Improvement Team and is focused on preventing and reducing chronic disease and promoting the adoption of healthy lifestyles.

