



Walking is Maryland's official exercise!

# WALKTOBER

Join the Washington County Health Department and Hagerstown Parks & Rec for our Kickoff Event for Walk Maryland Day!

**Wed. October 1st: 5pm-6:30pm**

Hagerstown Fairgrounds Park, 351 N. Cleveland Ave.



To Register for the walk  
Scan the QR code or  
go to [bit.ly/washco-walk](https://bit.ly/washco-walk)

WCHD staff will lead walks every 30 min at  
**5:15 p.m., 5:40 p.m., & 6:10 p.m.,**

Local vendors will be set up to provide resources on physical activity, healthy eating, hypertension, diabetes and more!

(Rain Date will be Oct. 8th)



Washington County Health Department  
1302 Pennsylvania Ave., Hagerstown, MD  
[washcohealth.org](http://washcohealth.org) 240-313-3200 711 for MD Relay TTY

