

INDOOR WALKING

Walk Warm this Winter Somerset County

The gyms at these locations are available to the public for Winter Walking October 31, 2017-March 31, 2018 to follow School and Adult Education Calendar.

Walkers are asked to please change into a clean pair of indoor shoes and sign in before using the facilities.

- 1 Canaan Elementary School 6:00-7:30 AM Mon-Fri
- 2 Margaret Chase Smith School 6:30-7:30 AM Mon-Fri
- 3 Millstream Elementary School 6:00-7:00 AM Mon-Fri
- 4 Skowhegan Community Center 6:00-10:00 AM Mon-Fri
(Free for Skowhegan residents, Non-resident fees will apply)
- 5 Mercer Community Center 9:00 AM-3:00 PM Mon-Thu
(Closed on holidays. Always check out our website for other closings at: www.mercerme.us)
- 6 Athens Community School 7:00-8:00 AM Mon-Fri
- 7 Madison Junior High School 7:00-7:45 AM Mon-Fri
(Please park in the Nichols Street parking lot and use the front/main door entrance)
- 8 Madison Area High School 6:00-7:00 AM Mon-Fri
- 9 Carrabec High School 6:00-7:30 AM Mon-Fri
- 10 Forest Hills Consolidated School 6:15-7:15 AM Mon-Fri

For more information or to receive your free "Move More" information packet and pedometer, please contact: Kristie LeBlanc at Somerset Public Health
Phone: 858-8454 or e-mail: kleblanc@rfgh.net

"Any person choosing to be involved in this program does so at his or her own risk. SPH strongly recommends that if you have a medical condition, or have not seen a health care provider in the past year you should do so before starting, or increasing your physical activity."