

# Walk and Play Stroller Group



Join NPSP in boosting your energy, improving mood, getting better sleep, and reducing stress through walking! This is a great opportunity for parents to unwind and making lasting friendships with other parents in the community. This group includes a 45-minute walk and a 45-minute craft following the walk.

**Apr 20, May 4, May 18 Jun 1, Jun 15 Jul 6, & Jul 20**  
**10am - 11:30am**

**Woodland Park on Pope Field**

**Apr 27, May 25, & Jun 22, & Jul 27**  
**10 - 11:30am**

**The Lodge at Linden Oaks**

**Open to all DoD ID card holders with children 6 weeks - 36 months.**  
**Registration is encouraged but not required.**

Please bring a blanket and water for the after walk activity.  
Check our Facebook page for updates and weather cancellations at [Facebook.com/FortBraggACSNPSP](https://www.facebook.com/FortBraggACSNPSP)