

play.
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entered to win:



\$10 Gift Card!

KEEP MOVING
forward

April - Walking at 321 Sportsplex

1245 Bill Foster Memorial Highway



Did you know?

There is a walking track around the perimeter of the ball fields that is .9 miles around!

Try something different around the track!

Walk the dog. Jump rope. Ride your wheels. Watch the sun rise or set. Frisbee. Bubbles. Ribbons. Fly a kite. Run. Skip. Practice for a marathon. Set a new goal.

Get connected!

Watch the Cabot library for a walking group!

New goals?

Share them with us! We like hearing about it when you crush it. [#cabotplays](#)

Don't forget:

Water bottle, sunscreen, or a buddy!