



2—6 pm

Sunday, October 12, 2008

## Limestone — From 3rd Street to Avenue of Champions

Come walk, run, bike, jog or even ride a skateboard! You can do anything but drive. Mark your calendar and make plans to join us for the first-ever 2nd Sunday—a 21st Century parade with a purpose. On Sunday, October 12, we will close a stretch of Limestone so our community can get moving.

Other activities scheduled include tai chi, group cycling, baby stroller workout, dog bone hunt, group bike ride, group exercise and bike polo demonstration. There will also be live music, face painting, sidewalk chalk and much more!

Show your commitment to better health by participating in this statewide event. Let's all get moving in the right direction to a more active and healthy lifestyle.

**For more information, visit [www.2ndSundayinLex.com](http://www.2ndSundayinLex.com)**

