LA MESA WALKS!

GET UP
GET OUT
GET MOVIN'!

For more information contact
619-667-1300
recreation@ci.la-mesa.ca.us
www.cityoflamesa.com

A great opportunity to be active and connect with friends and neighbors.

Follow us on Twitter @ConnectLaMesa

Join the Connect La Mesa MeetUp group

CITY OF LA MESA
JEWEL of the HILLS

AUGUST SCHEDULE

TUESDAY | August 2 | 5:30pm-7:00pm

"Meetup" at Briercrest Park
9001 Wakarusa St., La Mesa, CA 91942
Fast-paced walk including hills - approx. 3 miles

TUESDAY | August 9 | 9:00am-10:30am

Meet at the La Mesa Library
8074 Allison Avenue, La Mesa, CA 91942
Slower-paced walk - approx. 1-2 miles

TUESDAY | August16 | 9:00am-10:30am

Meet at Lake Murray Community Park Ball Field
6311 Park Ridge Blvd., San Diego CA
Meet by the stairs for a walk
and learn about Birds of Prey
Slower-paced walk - approx. 1-2 miles

TUESDAY | August 16 | 5:30pm-7:00pm

"Meetup" at Collier Park
4401 Palm Avenue, La Mesa, CA 91942
Fast-paced walk including hills - approx. 3 miles
Afterwards meet at the Park for a Pot Luck and social time!

TUESDAY | August 23 | 9:00am-10:30am

Meet at the La Mesa Library
8074 Allison Avenue, La Mesa, CA 91942
Slower-paced walk - approx. 1-2 miles