



Traip Open for Walkers!

Grab your sneakers and come for a walk. Beginning on February 1st, the Kittery Adult and Community Education program will be offering a walking trail through Traip Academy. A route has been mapped through the school, which will allow walkers to reach a moderate physical activity level. Hours available for walking will be 5:30 to 7:00 pm on Mondays through Thursdays. Walkers are asked to register with the Adult and Community Education office for security reasons, and to sign in before each evening of walking; however, the walking will be independent, so bring a buddy for chat time. Orientation will be on Monday, February 1st at 5:30 PM in the Traip Cafeteria. Please bring a clean, dry pair of sneakers. This activity will be free to the public. To register, call 439-5896 or e-mail Pauli Rines at prines@kitteryschools.org.

Healthy Maine - Walking in Kittery!

THE CHOOSE TO BE HEALTHY PARTNERSHIP AND
KITTERY ADULT AND COMMUNITY EDUCATION

