

HAVE FUN, GET FIT

AND CONTRIBUTE TO YOUR NEIGHBORHOOD

Join FRIENDS OF LICTON SPRINGS for our monthly work parties - Get yourself and LICTON SPRINGS PARK in shape!

Liven your fitness plan with:
Canary Reed pulls!
Mulch barrow jogs!
Wood chip bends!
Planters' squats!
Bramble root digs!



2010 Work party Dates:

February 13
March 13
April 10
May 8
June 12
July 10
August 14
September 11
October 9
November 13
December 11

Meet at the "Comfort Station" in the park,
97th & Ashworth:

- 2nd Saturday of each month
- 10 am to 2 pm-rain or shine

For more information call:
Joe Kiegel (206) 399-9274
Liz Kearns (206) 525-5243

Want to contribute but
can't make the work
parties? Ask about needed
donations!

Tools and gloves provided
Wear appropriate clothing
(muck boots recommended)

