

JFK Walk to School Day!

October 2, 2019

SUPPORT HEALTHY HABITS

Join children and adults around the world for a month of walking!

International Walk to School Day is an annual event to raise worldwide awareness of healthy habits. Walking to school is a great way to get some healthy exercise, and have fun at the same time. Walking can help improve your mood, reduce stress, and help you live a longer, healthier life!

What if it's too far to walk?

You can meet within walking distance of school. Some designated meeting spots are Starbucks Shopping Center or South Bay Shopping Center.

All walkers will receive a toe token. You can wear it on your shoelaces, bracelet, or necklace!

NO PETS