



Harold Parker State Forest **INTERPRETIVE PROGRAM**

1951 Turnpike St.
North Andover, MA 01845
(978) 686-3391

We Walk the Woods! **Every Wednesday 10:00 – 11:30 a.m.**

Exercise, along with a good night's sleep can increase serotonin, giving a sense of well being. Combine these two at beautiful Harold Parker State Forest every Wednesday at 10:00 a.m. – meet at the headquarters at 305

Middleton Rd., North Andover. This is a moderately paced walk appropriate for all ages. Wear walking footwear; bring water and sunscreen as appropriate.

This community hike began last fall and continued through the winter. We are planning the same for this year and will cover all the trails in the park. Make this commitment for your health and well-being!

For more information call (617) 828-1728 Or visit www.mass.gov/dcr. This FREE program is co-sponsored by the Friends of Harold Parker and DCR.



Coming Event