



Harold Parker State Forest **INTERPRETIVE PROGRAM**

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

We Walk the Woods!

Every Wednesday 10:00 a.m. – 12:00 p.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 building, 304 Middleton Rd. This is a moderately paced walk appropriate for all ages. The first Wednesday of the month the Walk is low impact to accommodate slower walkers. Wear walking footwear; bring water and sunscreen as appropriate.

We 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

department of Conservation and Recreation