



Stepping Forward: Widows walking group!

Who: Widows

What: A free walking group in your neighborhood

When: 8am-9am on the 1st and 3rd Sunday of each month

Where: We meet at West Salem Library, 395 Glen Creek Rd. NW. We walk from the library to the new walking bridge, and back to the library.

Why: For health, community, comradery and fun!

**** Dog friendly – must be leashed and friendly.**

Your walk leader is Kelli Monaghan. Kelli experienced her own loss in 2010. Since then, Kelli has turned her experience into a passion, and is now a practicing life coach for widows.

For more info/questions, call Kelli at (503) 830-3221 or visit HeavenlyGroundedCoaching.com

