

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!



2018 Work party Dates:

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

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)