



FAMILY FUN EVENT

Saturday, Nov. 1st, 2014*

10:30 a.m. – 2:00 p.m.

(approximate end time)

*Rain Date: Sunday, Nov. 2nd

Who & What: Your **Employee Wellness Team** invites you and your family to participate in a Family Fitness Day to enjoy the beautiful fall foliage! Bike, Run, Walk the Lebanon Valley Rail Trail in Mt. Gretna. Great stress reliever! Great exercise!

Where: The Lebanon Valley Rail Trail, beginning at Colebrook Trailhead and traveling to Mt. Gretna (3 miles). Those who want to may continue to Alden Place Trailhead (2 more miles). You choose the distance that is best for you. Total **roundtrip** is approximately 6 to 10 miles. Everyone will join for lunch in Mt. Gretna. <http://www.lvrailtrail.com/trail.html>

Details: For each person, EWT will provide a bottle of water and pay for 2 slices of cheese pizza and a small salad at the Mt. Gretna Pizzeria <http://www.mtgretna.com/Pizza/index.html>

To sign up or if you have questions, contact Diane DeArment, 361-1225 or dearmedk@etown.edu by Thursday, October 29th.

