

Wellness Wednesday 2023 Walk & Roll Schedule

1st, 3rd & 5th Wednesdays 6:00pm*, All Ages

<u>January:</u>

4: The Mall at Greece Ridge, *Greece, NY* **18:** The Marketplace Mall, *Henrietta, NY*

February:

1: The Mall at Greece Ridge, *Greece, NY* **15:** The Marketplace Mall, *Henrietta, NY*

March:

Eastview Mall, Victor, NY
 Highland Park, Rochester, NY
 Cobbs Hill Reservoir, Rochester, NY

April:

5: Erie Canalway Trail, *Spencerport, NY* **19:** The Brickyard Trail, *Brighton, NY*

<u>May:</u>

3: Highland Park, *Rochester, NY*17: Erie Canalway Trail, *Rochester, NY*31: North Ponds Park, *Webster, NY*

<u>June:</u>

7: Genesee Valley Park, *Rochester, NY* 21: Erie Canalway Trail, *Brockport, NY*

<u>July:</u>

5: Cobbs Hill Reservoir, *Rochester, NY* **19:** The Brickyard Trail, *Brighton, NY*

August:

2: Erie Canalway Trail, Rochester, NY
16: Highland Park, Rochester, NY
30: Ontario Beach Park, Rochester, NY

September:

6: Erie Canalway Trail, *Spencerport, NY* **20:** Erie Canalway Trail, *Fairport, NY*

October:

4: The Brickyard Trail, *Brighton, NY* (*Special Time: 5:30pm) **18:** Genesee Valley Park, *Rochester, NY* (*Special Time: 5:30pm)

November:

1: Eastview Mall, *Victor, NY* 15: The Mall at Greece Ridge, *Greece, NY* 29: The Marketplace Mall, *Henrietta, NY*

December:

6: The Mall at Greece Ridge, *Greece, NY* **20:** The Marketplace Mall, *Henrietta, NY*

Updated: 12/29/22

