



LET'S WALK AND ROLL!

National Walk and Bike To School Day
Wednesday - October 8th



Lace up your shoes or strap on
your helmet and **WALK or BIKE**
to school with us!



It's fun



It's healthy



It's good for your brain



It builds strong communities



WALKING AND ROLLING TO SCHOOL is a fun and healthy way to start your day, while creating awareness to the community that **"SAFE ROUTES TO SCHOOL"** activities are essential in building safe, comfortable and healthy neighborhoods for all!



SAFETY TIPS: Walk or bike with a friend or adult. Wear bright colors. If there is no sidewalk; walk on the left and bike on the right. **BE SAFE!** Always wear a bike helmet.