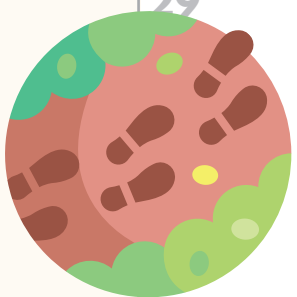
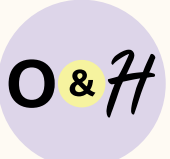


This July, Go for a

Daily 20-Min Walk & Talk About...



S	M	T	W	T	F	S
28 	29	30	1 When your town is most beautiful and why.	2 The most unusual landmark or statue you've seen and where.	3 If someone needs cheering up, where in your town you'd tell them to go.	4 A vivid memory of a past July 4th and why you think you remember it.
5 A pet, or someone's pet, that always makes/made you laugh.	6 The most romantic place you've shared a kiss.	7 For National Father Daughter Take a Walk Day, something you've taught each other.	8 What it would mean to you to 'be a kid again'.	9 Something that's been lost over time.	10 A favorite memory of berry picking.	11 What your town does well to bring people together.
12 The most beautiful view from a bench.	13 A funny drive-thru take-out story.	14 The most beautiful garden you've walked through.	15 Something more people should give away.	16 The most unusual flavor of gelato you've seen or tasted.	17 What brings you joy when you look around and why.	18 Someone local whose good work has gone unnoticed.
19 A restaurant with the best view.	20 The most dramatic full moon you've seen.	21 The most unusual thing you've seen someone get for their garden.	22 The best place to do absolutely nothing.	23 Something that should never be forgotten.	24 A tradition you're happy to have passed on.	25 Your town's most underrated restaurant or food place.
26 Your favorite aunt or uncle and a funny story about them.	27 A house-plant you're happy you got.	28 A piece of nature in your hometown you'd want to preserve.	29 A friend you lost touch with but then re-connected with.	30 The best way to celebrate something with family.	31 One thing you love about where you live.	1  Ordinary & Happy