



September 16  
11 a.m. – 2 p.m.

# Get to Know Your **GREENWAY**

*Roll in (bike, blades or wheels) or Walk up*



- » **Warm up with Sports Advantage powered by EXOS** | Behind the VFW Arena in O'Leary Park at 11 a.m.
- » **Frisbee Golf** | Bob Zavoral Memorial Park at 11:30 a.m.
- » **Kickball** | LaFave Park at 11:30 a.m.
- » **Rally Session with Sports Advantage powered by EXOS** | LaFave Park from 12 – 1 p.m.
- » **Restorative Yoga** | LaFave Park from 1:15 - 1:45 p.m.
- » **Acoustic Music and S'mores** | LaFave Park from 12-2 p.m.

Check in at the VFW Arena, 711 3rd St. SE, East Grand Forks for a free, family friendly active event. Participate in as many free activities as you would like for chances to win door prizes.