

HAVE FUN, GET FIT

AND CONTRIBUTE TO YOUR NEIGHBORHOOD

Join FRIENDS OF LICTON SPRINGS for our monthly work parties - Get yourself and LICTON SPRINGS PARK in shape!

Liven your fitness plan with:

Canary Reed pulls!
Mulch barrow jogs!
Wood chip bends!
Planters' squats!
Bramble root digs!

Meet at the "Comfort Station" in the park,
97th & Ashworth:

- 2nd Saturday of each month
- 10 am to 2 pm-rain or

shine



For more information call:
Joe Kiegel (206) 399-9274
Liz Kearns (206) 525-5243
Want to contribute but can't
make the work parties? Ask

about needed donations!
2017 Work party Dates:
January 14

February 11
March 11
April 8
May 13
June 10
July 8
September 9
October 14
November 11
December 9

Tools and gloves provided
Wear appropriate clothing
(muck boots recommended)