

Pre-Sort Standard
U.S. Postage
Paid
Permit No.81
60901

Join Your Neighbors & Start Walking

1st WARD RESIDENT

<<site_addr>>

KANKAKEE, IL 60901



304 South Indiana Avenue
Kankakee, Illinois 60901-3904



304 South Indiana Avenue
Kankakee, Illinois 60901-3904
web site: www.citykankakee-il.gov



Stay Healthy
Enjoy Your Neighborhood
“Walk the 1st Ward”



Mayor Chasity Wells-Armstrong

Alderman Michael Prude

Alderman Cherry Malone-Marshall

Walking maps for each ward are available at:
Administration Building, Public Safety Center,
Kankakee Public Library, YMCA
and the YWCA.



304 South Indiana Avenue
Kankakee, Illinois 60901-3904
web site: www.citykankakee-il.gov



Dear Neighbors of the 1st Ward:

The City of Kankakee is continuing the "Kankakee Walks" initiative. Walking is one of the best exercises that has low impact on joints and contributes to a healthy lifestyle. Walking at a vigorous pace reduces stress, lowers blood pressure, and serves as a great activity for socializing with friends.

Throughout each ward are two walking routes marked by signs and arrows. Each route is approximately one mile and provides a distance where goals can easily be established.

We hope you will join the "Kankakee Walks" initiative. Feel free to form a walking club in your ward and be a part of moving *Kankakee Forward* as we work to create a more active community.



Mayor Chasity Wells-Armstrong