#

**You’re halfway there… and it’s time to celebrate your success!**

## September 20, 2014 • 9 am – 12 noon

**Hugh Moore Park and Museum • 2750 Hugh Moore Park Road • Easton, PA\***

**Activities include:**

* Visit with Della the Mule, the mascot for the
Delaware & Lehigh National Heritage Corridor.
* **Breakfast treats**
* **Health screenings**
* **Kids’ activities**
* **Giveaways**
* **Adventures**

**\*\* No dogs please.**

**Hank and George
(our mules) are fussy that way!**

**Eat Smaller
Portions**

* 9:30-10:30am: Meet & Greet with Michele Stanten, ACE-certified
fitness instructor, walking coach, and author of “*Walk Off Weight*.”
* 11 am Mule-drawn Canal Boat Ride.

 - The first 50 people to line up ride for free!

* 12 pm, 1 pm, 2 pm and 3 pm Mule-drawn Canal Boat Rides.

- Buy one, get one free tickets; visit **canals.org** for details.

* National Canal Museum (Free) — featuring hands-on exhibits
that educate and entertain.
* Free Zumba class with instructor Ginny Visperas — a great
option for cross-training and a fun way to stay in shape!

**Walk, Run or Bike with us!**

Join Darla Frack, VP, Patient Care Services, St. Luke’s Anderson Campus;
Gail Newton, VP, Patient Care Services; and Alice Wilson, VP, Administration,
St. Luke’s Warren Campus.

* 5+ Mile Guided Bike Ride — Forks of the Delaware
* 1 Mile Guided Walk — a one mile loop along the towpath
to Locktender’s House (open for viewing)

**There’s something for everyone! Hope to see you there.**

**RSVP’s are encouraged; call St. Luke’s InfoLink at 1-866-STLUKES (785-8537) today!**

*\*Directions can be found on the next page.*

**\*Driving directions:**

**Please do not use directions from Google Maps!** As of April 2014, Google Maps showed inaccurate information about how to get to Hugh Moore Park. Please use our written directions below.

**FROM U.S. ROUTE 22:** Take the 25th Street exit and turn south (right) at the end of the ramp. Follow 25th Street south approximately 2 miles (do not cross bridge), then turn right onto Lehigh Drive. At the stop sign, turn right onto the green metal bridge. Turn right at the end of the bridge to go into the park. Follow the road for parking, picnic facilities and the canal boat.

**FROM I-78:** Take Route 33 north to Freemansburg Avenue. At the end of the ramp, turn right (east). Stay on Freemansburg to 25th Street (look for the Aldi store on your right). Turn right on 25th Street and go south approximately 1 mile, then turn right onto Lehigh Drive. At the stop sign, turn right onto the green metal bridge. Turn right at the end of the bridge to go into the park. Follow the road for parking, picnic facilities and the canal boat.