



2026 Walk for your Health Schedule

All walks start at 9 AM

Day	Walk	Day	Walk
Wednesday, April 15, 2026	Livingston Park	Friday, May 22, 2026	West Side Ice Arena
Friday, April 17, 2026	Pine Grove Cemetery	Wednesday, May 27, 2026	Rockingham Rail Trail
Wednesday, April 22, 2026	West Side Ice Arena	Friday, May 29, 2026	Nutts Pond
Friday, April 24, 2026	Massabesic Ball Park	Wednesday, June 3, 2026	Cedar Swamp Preserve
Wednesday, April 29, 2026	Rockingham Rail Trail	Friday, June 5, 2026	Brookside Church
Friday, May 1, 2026	Cedar Swamp Preserve	Wednesday, June 10, 2026	Livingston Park
Wednesday, May 6, 2026	Lake Massabesic	Friday, June 12, 2026	Pine Grove Cemetery
Friday, May 8, 2026	Manchester/Goffstown	Wednesday, June 17, 2026	Lake Massabesic
Wednesday, May 13, 2026	Stark Park	Friday, June 19, 2026	Man/Goffstown Rail Trail
Friday, May 15, 2026	Pine Grove Cemetery	Wednesday, June 24, 2026	Stark Park
Wednesday, May 20, 2026	Livingston Park	Friday, June 26, 2026	Livingston Park