

Illinois Trekkers: We like to Walk, Talk, Sight See and on Occasion Stop for Food. We would like for YOU to Join Us!!

AVA Vision: Increasingly engage Americans in lifelong walking and other non- competitive physical fitness activities.

AVA Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities.

**Walking for the Fun of It.**



llinois-Trekkers.org

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| National Walk WeekIllinois TrekkersPO Box 603O’Fallon, IL 62269 | 618-973-3825 leave message |

**National Walk Week April 1-7, 2021**

Illinois Trekkers

