



# Healing OUTDOORS



## HIKING TRAIL MATTAPAN - BLUE HILLS

840 HILLSIDE ST. MILTON, MA 02186  
(HOUGHTON POND RECREATION AREA)

BRING SNACKS & WATER, WEAR COMFORTABLE CLOTHING AND SHOES

**REGISTER: [PS2024HEALINGOUTDOORS.EVENTBRITE.COM](https://ps2024healingoutdoors.eventbrite.com)**

MONTHLY FROM  
**MAY-SEPTEMBER**  
**3<sup>RD</sup> SATURDAY**  
MEET UP @ 8:00 AM

IN PARTNERSHIP WITH

MATTAPAN  
FOOD AND FITNESS  
COALITION