

EveryMile for EveryMind

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
♥--HeartSmart (HS) 1 mile Trail N--natural trail P--paved trail	L--Loop Trail RT--Roundtrip	May is -- Mental Health Awareness Month --Military Appreciation Month --Global Employee Health & Fitness Month	1st– 7th: Children's Mental Health Week (Day is May 7 th) 1st – 7th: Teacher Appreciation Week	8th – 14th: National Hospital's Week: 18th: National Employee Health & Fitness Day		V-E (VIC IN EUR) DAY IS on MAY 8TH (same as Mother's Day)
1	2	3	4	5	MIL SPOUSE APP DAY 6	7
<u>Lake Needwood Trails</u> 10am (3.3mi RT, N)			<u>Brookside Gardens</u> ♥ 10am (1mi, P)			<u>Wheaton Regional Park Trails</u> 9am (2.8mi, P)
8	9	10	11	12	13	14
MOTHER'S DAY <u>Rachel Carson Conservation Park Trails</u> 3pm (4mi, N)			<u>Lake Frank & Meadowside Trails</u> 4pm (2.5mi, P)			<u>Martin Luther King Jr. Park Trails</u> ♥ 10am (2.8mi, P)
15	16	17	NAT'L EMP H&F DAY 18	19	20	21
<u>Matthew Henson Trail</u> 10am (3.5mi, P)			<u>Sligo Creek Trail</u> 10am (4.8mi, P)			ARMED FORCES DAY <u>South Germantown Recreation Park</u> ♥ 10am (.8/6mi, P)
22	23	24	25	26	27	28
<u>Paint Branch Trail</u> 10am (3mi, P)			<u>Brookside Gardens</u> ♥ 4pm (1mi, P)			<u>Black Hill Regional Park Trails (Black Hill Trail)</u> 10am (3mi, P)
29	MEMORIAL DAY 30	31				
<u>Lake Needwood Trails</u> 6pm (3.3mi RT, N)						