



Take a Hike!

[Join Colorado Public Health Nurses for a hike to kickoff National Public Health Week](#)

As part of the American Public Health Association's *1 Billion Steps Challenge*, and National Public Health Week, we are bringing together Colorado Public Health Nurses and Community Advocates to promote *Taking Small Steps for Big Change*. All are welcome, so please bring a friend.

* Sunday, April 2, 2017

9:00 AM - 12:00 PM

Mount Falcon - Jefferson County Open Space

West End Trailhead -21004 Mount Falcon Rd.

Indian Hills, CO



Fitness should be fun! Kickstart your activity with a little friendly competition and hit your stride together with friends, family and the Stridekick community. [Start Competing Now!](#)

For more information, or to RSVP (optional), please contact

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Learn more about [National Public Health Week](#) and the [1 Billion Steps Challenge!](#)