

# WEEK 13

## SLIDING TO THE END



**NEXT EVENT:**

### **INTRO TO DISC GOLF**

**TUESDAY, APRIL 14**

**5:30-6:30PM**

**McCADDEN PARK**



We've got an absolute scorcher of a week ahead! Take advantage of the good weather and get outside, but remember your stretches and to stay hydrated!

Our next group event will be disc golf. We will be meeting at McCadden Park in the parking lot off of Carroll Ave NW. Please bring shoes fit for walking through grass.

# RAFFLE WINNERS!

**PARKS & REC SHIRT: CHRISTINA B.**

**\$50 REI CARD: HAILEY W.**

We love seeing your journey! Be sure to tag us in your photos on Facebook with PLAY Roanoke or email them to [cameron.griffin@roanoke.va.gov](mailto:cameron.griffin@roanoke.va.gov) for a chance to be featured.

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