

# TICONDEROGA

## FARMERS' MARKET

### WALK CLUB



**MEETING POINT:**

Ticonderoga Farmer's Market  
Behind Arrow Bank on  
Champlain Ave

**SATURDAYS, 8/9-8/30,**  
**8:45 AM**

Join CCE Essex's Walk with Ease program on Saturday mornings before the Ticonderoga Farmers' Market. There are multiple walking routes of different lengths, and all are welcome! Giveaways included for seniors who participate!