



JOINT BASE ANDREWS M&FRC PERSONAL & WORK LIFE PROGRAM



Grab a free drink
and stroll!

Stroller Striders



Mom's and Dad's Walking Group

JBA EXCHANGE
STARBUCKS

9:45am-12pm

- 28 AUGUST
- 25 SEPTEMBER
- 23 OCTOBER
- 20 NOVEMBER
- 18 DECEMBER



Track your miles!
Win a prize!
See back for details.



Register: <https://neighborhood.bluestarfam.org/topics/29335%20/>
Please visit the Blue Star Family Neighborhood site for registration and further details.

This program is brought to you by
Blue Star Families, in partnership with the Military and Family Readiness Center.

M&FRC | 1191 Menoher Dr. JB Andrews, MD | 301-981-7087 | andrewsfss.com/mfrc




(301) 981-7087


/jbamfrc


/AndrewsFSS


andrewsfss.com



JULY

SUN	MON	TUES	WED	THURS	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Total walking hours: _____

**Monthly walking tracker:
Capture your time walking in
the community!**

AUGUST

SUN	MON	TUES	WED	THURS	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Total walking hours: _____

Partnership with Blue Star Families' Coffee Connects are scheduled monthly on the 4th Wednesday at the Joint Base Andrews Exchange Starbucks from 9:45 a.m. – 10:15 a.m. *Walking Groups will start at 10:30 a.m. – 12:00 p.m.

Capture the experience and tag us on Facebook, Instagram, or send a picture to the M&FRC org box at 316.FSS.MFSC@us.af.mil.

SEPTEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Total walking hours: _____

OCTOBER

SUN	MON	TUES	WED	THURS	FRI	SAT
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Total walking hours: _____

To win, track your miles each day and bring this to each Stroller Striders walk. The person with the most miles will win a prize for that month!

NOVEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Total walking hours: _____

DECEMBER

SUN	MON	TUES	WED	THURS	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Total walking hours: _____