

# Tillamook County Walking Groups



## Interested in joining a walking group?

Staying active and having social support are keys to lifelong health. Joining a walking group is a fun way to get healthy. **All groups walk outdoors, rain or shine.** Find a group near you or consider starting your own! To add or update group information, contact [kbenson@tillamookymca.org](mailto:kbenson@tillamookymca.org).

### North Tillamook County

**Rockaway, Wheeler, Nehalem & Manzanita | Tuesdays at 10 am | Different location each week.**

**Coordinator:** Wellness Team from Nehalem Bay Health Center | [wellness@nehalembayhealth.org](mailto:wellness@nehalembayhealth.org)

Weekly locations posted on [nehalembayhealth.org](http://nehalembayhealth.org) and [Facebook.com/nehalembayhealth](https://www.facebook.com/nehalembayhealth).

**Rockaway Beach | Wednesdays & Fridays at 2:30 pm | Meet at Beach Wayside parking lot (S. 1st & 101).**

**Coordinator:** Lina | [mamalinabest@gmail.com](mailto:mamalinabest@gmail.com)

### Central Tillamook County

**Tillamook YMCA | Mon, Wed & Fri at 11 am | Wednesdays & Fridays meet at the front entrance to the YMCA. Ask to join private Facebook group for the Monday location.**

**Coordinator:** Linda | [siempreprime@outlook.com](mailto:siempreprime@outlook.com) | 503-842-7850 | Contact coordinator to be added to the private Facebook group for info on Monday locations and schedule changes.

### South Tillamook County

**Kiawanda Community Center (Pacific City) | Mon-Wed-Fri at 10 am**

**Coordinator:** Kathy | [katystar7@hotmail.com](mailto:katystar7@hotmail.com) | 503-801-7448 (text)

### Location Varies

**Rockaway Beach Area | Get Fit Rockaway | Wednesdays at noon**

**Coordinator:** Rhonda | [Rhonda.Mulholland@gmail.com](mailto:Rhonda.Mulholland@gmail.com) | 503-332-5861 | Ask to join the Private Facebook Group "Get Fit Rockaway" for weekly location information.



NOTE: Walking groups are informal and volunteer led. Drop-ins welcome! Comfortable shoes, layers and rain gear recommended as most groups walk outdoors, rain or shine.

Follow @ Tillamook County Wellness on Facebook and Instagram.