



Starfish on the Trail Getting the Trail IN SHAPE for Spring Saturday, May 6th, 3-5:00 p.m.

Join the starfish project for children, AFC Fitness and the Friends of the Cynwyd Heritage Trail for fun community service - gardening on the trail. Meet at the Barmouth Trail entrance at 175 East Levering Mill Road, 19004 (parking available).

The TWO FEW RULES:

- If you are a child under the age of 16*, bring an adult or your family along to join in the service and fun.
- If you are dog, bring your leash and a human owner to join in the service and fun.

We provide tools, supplies, refreshments and fun extras for volunteers.

Event limited to 30 students and their parents, so sign up soon! Pre-register via email to abbyspfc@gmail.com required. Please tell us your name, your adult companion name(s), your school name and if you are bringing your pet. For more information, see thestarfishprojectforchildren.org or fb.com/thestarfishprojectforchildren.

*The Cynwyd Heritage Trail requires volunteers to sign waivers before being allowed to work on the trail. Print it out at <http://www.cynwydtrail.org/volunteer>.

Come out & enjoy starfish style!