



Spring Wellness Walks

2024 DATES:

April 15

April 29

May 13

May 20

TIME:

9:00 – 11:00 AM

LOCATIONS:

Various.

Please

see next page.



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Join Laura Stanton, OSU Extension Educator, and other guests, for a series of relaxing strolls around multiple parks in Warren County. These will be slow and peaceful walks, perfect for Monday mornings. These walks are a wonderful way to meet new friends and soak up Vitamin N (Nature). Both are beneficial to your overall health and wellbeing.

We'll meet in the parking lot and start walking by 9:10 AM at the latest. You can leave when you want but we'll plan to finish each walk by 11:00 AM. Please join us for a healthy dose of exercise, fresh air, nature, and friends! These walks will be held rain, sleet, or snow (you know Ohio weather is unpredictable).

A Note About Spring Weather:

“There's no such thing as bad weather, only bad clothes.” Please dress for the weather and wear comfortable walking shoes that can get dirty. These walks will take place regardless of the weather, but they will be cancelled if inclement driving conditions or severe weather are predicted.

Questions? Please contact Laura Stanton, FCS Extension Educator, at 513-695-1311 or email: stanton.60@osu.edu.

Spring Wellness Walks

DATE	PARK	ADDRESS	GUEST	RATING
4/15	Hisey Park	5443 Middletown Road Waynesville, OH 45068	Shannon Pennington and Lauren Asquith, Warren County Park District Naturalists	2.5
4/29	Carter Park	1722 King Avenue Deerfield Township, OH 45034	Sarah Kirby, Deerfield Township Recreations Manager	3
5/13	Caesar Creek Gorge State Nature Preserve	4080 Corwin Road Oregonia, OH 45054		2.5
5/20	Pine Hills Lakes Park	211 Kings Mills Road Mason, OH 45040		1.5

Rating Scale:

1 = Primarily paved walkways, mostly level.

2= Mix of paved, gravel, and dirt trails and walkways, mostly level.

3= Mostly gravel and dirt trails, has steps and steep areas.

Community Partners:



**Department of
Natural Resources**



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CITY OF **MASON** OHIO
more than you imagine.

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