



Winter Wellness Walks

2024 & 2025 DATES:

December 9
December 16
January 13
January 27
February 3
February 24

TIME:

9:00 – 11:00 AM

LOCATIONS:

Various, please
see next page



THE OHIO STATE
UNIVERSITY

EXTENSION

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 perfect opportunity to soak up Vitamin N (Nature) and meet new friends. Both of which are beneficial to your overall health and wellbeing.

We'll meet in the park's parking lot and start walking by 9:10 AM. You can leave when you want, and 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 but will be cancelled if there are inclement driving conditions. Cancellations will be posted on our website and Facebook page.

A Note About Winter 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. If you prefer to walk with hiking sticks, please bring them with you.

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

Winter Wellness Walks

| DATE | PARK | ADDRESS | GUEST | RATING |
|-------|--|--|---|--------|
| 12/9 | Miller Ecological Park | 755 Miller Road Lebanon, OH 45036 | Casey Burdick, City of Lebanon Recreation and Natural Resources Coordinator | 2 |
| 12/16 | Mounds Park | 4851 Stubbs Mills Road Morrow, OH 45152 | Nicole Earley, Hamilton Township Parks and Recreation | 1.5 |
| 1/13 | Landen Deerfield Park | 2258 W. State Route 22/3 Maineville, OH 45039 | Melissa Proffitt, Warren County Soil and Water Conservation District | 2 |
| 1/27 | Carter Park | 1722 King Avenue Deerfield Township, OH 45034 | Sarah Kirby, Deerfield Township Recreations Manager | 3 |
| 2/3 | Gulley Park | 2168 Middleboro Road Clarksville, OH 45113 | Shannon Pennington, Warren County Park District Naturalist | 1.5 |
| 2/24 | Mulford Nature Area at the Countryside YMCA | North Entrance 1699 Deerfield Road Lebanon, OH 45036 | Shannon Pennington, Warren County Park District Naturalist | 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:



Website: warren.osu.edu

Facebook: www.facebook.com/WarrenCountyOSUExtension

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College of Food, Agricultural, and Environmental Sciences