

WARREN COUNTY EXTENSION PRESENTS

Fall Wellness Walks

2024 DATES:

September 9
September 30
October 7
October 28
November 4
November 18

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 terrific 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 the walks 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 is lightening, thunder, or inclement driving conditions.

A Note About Fall 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.

Fall Wellness Walks

DATE	PARK	ADDRESS	GUEST	RATING
9/9	Mounts Park	4851 Stubbs Mills Road Morrow, OH 45152	Nicole Earley, Hamilton Township Parks & Recreation	1.5
9/30	Caesar Creek Gorge State Nature Preserve	4080 Corwin Road Oregonia, OH 45054		2.5
10/7	Carter Park	1722 King Avenue Deerfield Township, OH 45034	Sarah Kirby, Deerfield Township Recreations Manager	3
10/28	French Run Trail at Colonial Park South	250 New Street Lebanon, OH 45036	Casey Burdick, City of Lebanon Recreation and Natural Resources Coordinator	2
11/4	Halls Creek Woods State Nature Preserve	3232 Morrow-Mason-Millgrove Rd Morrow, OH 45152		3
11/18	Gulley Park and Trails	2168 Middleboro Road Clarksville, OH 45113	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:



THE OHIO STATE
UNIVERSITY

EXTENSION

Website: warren.osu.edu

Facebook: www.facebook.com/WarrenCountyOSUExtension