



### **DATES**

**September 8**  
**September 22**  
**October 6**  
**October 27**  
**November 3**  
**November 24**

### **TIME**

**9:00 - 11:00 AM**

### **LOCATION**

**Various locations, please see  
next page.**

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**THE OHIO STATE  
UNIVERSITY**

**EXTENSION**

## **Fall Wellness Walks**

Join Laura Stanton, Extension Educator, and other special guests, for a series of relaxing strolls around multiple parks in Warren County. These are slow and peaceful walks, perfect for Monday mornings. Join us to meet new friends and soak up Vitamin N(ature), two things that are beneficial to your overall health and wellbeing.

We will meet in the park's parking lot and start walking by 9:10 AM. You can leave the walks 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 in the rain, sleet, or snow but will be canceled if there is lightening, thunder, or inclement driving condition (this is Ohio after all). Cancellations will be posted on our Facebook page.

### 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 wet and 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](mailto:stanton.60@osu.edu).

# Fall Wellness Walks

DATE	PARK	ADDRESS	GUEST(S)	RATING
9/8	E. Milo Beck Park	W Lower Springboro Road Springboro, OH 45066	<b>Melissa Proffitt</b> , WC Soil & Water Conservation District <b>Suzanne Geisler</b> , Springboro Park Board	2.0
9/22	Mounts Park	4851 Stubbs Mills Road Morrow, OH 45152	<b>Nicole Earley</b> , Hamilton Township Parks & Recreation	1.5
10/6	Patricia Allyn Park/Hoffmann Reserve	7266 State Route 48 Springboro, OH 45066	<b>Russ Carolus</b> , Fiscal Officer <b>Tony Hale</b> , Park Superintendent Clearcreek Township	3.0
10/27	Hob Camp Nature Center	1815 S OH-123 Lebanon, OH 45036	<b>Dan Berger</b> , Grounds and Facilities Volunteer	2.0
11/3	Halls Creek Woods State Nature Preserve	3232 Morrow-Mason-Millgrove Rd Morrow, OH 45152	<b>Shannon Pennington</b> , Warren County Park District Naturalist	3.0
11/24	Bowyer Farm	2210 Mason Montgomery Road Mason, OH 45040	<b>Brian Jorg or Chase Bodkin</b> , Native Plant Program/Bowyer Farm	2.0

## 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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College of Food, Agricultural, and Environmental Sciences