



Spring Wellness Walks

2025 DATES:

March 3

March 17

April 7

April 28

May 5

May 19

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), and both are beneficial to your overall health and wellbeing.

We'll meet in the park's 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 but will be cancelled if there are inclement driving conditions. Cancellations will be posted on our website and Facebook page.

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. 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.

Spring Wellness Walks

DATE	PARK	ADDRESS	GUEST	RATING
3/3	Spring Valley Lake and Wetland	1 Collett Road Waynesville, OH 45068		2.0
3/17	Halls Creek Woods State Nature Preserve	3232 Morrow-Mason-Millgrove Road Morrow, OH 45152		3.0
4/7	Hisey Park	5443 Middletown Road Waynesville, OH 45068	Shannon Pennington Warren County Park District Naturalist	2.5
4/28	Carter Park	1722 King Avenue Deerfield Township, OH 45034	Sarah Kirby Deerfield Township Recreations Manager	3.0
5/5	Caesar Creek Gorge State Nature Preserve	4080 Corwin Road Oregonia, OH 45054		2.5
5/19	Patricia Allyn Park	7266 OH-48 Springboro, OH 45066	Tony Hale Park Superintendent Clearcreek Township	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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Website: warren.osu.edu

Facebook: www.facebook.com/WarrenCountyOSUExtension