



# Winter Wellness Walks

**2024 DATES:**

January 8  
January 22  
February 12  
February 26  
March 11  
March 25

**TIME:**

9:00 AM –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 perfect opportunity to soak up Vitamin N (Nature), which is 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 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.

**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. These walks will be held in rain, snow, and cold temperature, but they will be cancelled if poor driving conditions are predicted.

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

# Winter Wellness Walks

DATE	PARK	ADDRESS	GUEST	RATING
1/8	<a href="#">Cottell Park</a>	5847 Irwin Simpson Road Deerfield Township, OH 45040	Sarah Kirby, Deerfield Township Recreations Manager	1
1/22	<a href="#">Landen Deerfield Park</a>	2258 W. State Route 22/3 Maineville, OH 45039	Shannon Pennington, Warren County Park District Naturalist	1
2/12	<a href="#">Carter Park</a>	1722 King Avenue Deerfield Township, OH 45034	Sarah Kirby, Deerfield Township Recreations Manager	3
2/26	<a href="#">Miller Ecological Park</a>	755 Miller Road Lebanon, OH 45036	Casey Burdick, City of Lebanon Recreation and Natural Resources Coordinator	2
3/11	<a href="#">Caesar Creek State Park- Gorge Loop Trail</a>	Caesar Creek Gorge Access Road (off N. Clarksville Road) Waynesville, OH 45068	Erin Shaw, CCSP Naturalist (tentative)	3
3/25	<a href="#">Armco Park</a>	1223 N. State Rt. 741 Lebanon, OH 45036	Shannon Pennington, Warren County Park District Naturalist	1

## 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:



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Website: [warren.osu.edu](http://warren.osu.edu)

Facebook: [www.facebook.com/WarrenCountyOSUExtension](https://www.facebook.com/WarrenCountyOSUExtension)

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