

# Summer Wellness Walks

**2024 DATES:****June 3****June 17****July 8****July 22****August 5****August 19****TIME:****9:00 – 11:00 AM****LOCATIONS:****Various parks.****Please  
see next page.****THE OHIO STATE  
UNIVERSITY**

EXTENSION

Join Laura Stanton, OSU Extension Educator, and other community guests, for a series of relaxing strolls around 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). It's a great way to start your week and boost your health and wellbeing.

We will meet in the park's parking lot, do brief introductions, and start walking by 9:05 AM. You can leave when you want but we plan to finish each walk around 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 (you know Ohio weather is unpredictable) but will be cancelled if any severe weather is predicted.

We highly recommend that you wear comfortable shoes, use sun protection, apply insect repellent, and bring water.

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

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DATE	PARK	ADDRESS	GUEST	RATING
6/3	Mounts Park	4851 Stubbs Mills Road Morrow, OH 45152	Nicole Earley, Hamilton Township Parks & Recreation	1.5
6/17	Aylor Cook Trail	201 Water Street Lebanon, OH 45036	Casey Burdick, City of Lebanon Recreation and Natural Resources Coordinator	2
7/8	Carter Park	1722 King Avenue Deerfield Township, OH 45034	Sarah Kirby, Deerfield Township Recreations Manager	3
7/22	Gulley Park and Trails	2168 Middleboro Rd. Clarksville, OH 45113	Shannon Pennington, Warren County Park District Naturalist	2
8/5	Roberts Park	3580 Butler-Warren Road Deerfield Township, OH 45040	Melissa Proffitt, Warren County Soil and Water Conservation District, Education & Communications Specialist	1.5
8/19	Halls Creek Woods State Nature Preserve	3232 Morrow-Mason-Millgrove Rd Morrow, OH 45152		3

## 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](http://warren.osu.edu)

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