



HIKING FOR HEALTH COMMUNITY WALK

IN O'LENO STATE PARK

November 21, 2015

8:00am – 10:00am

Located 6 miles north of High Springs on Hwy. 441

Make a commitment to being healthy and active! The Florida Department of Health in Columbia County is hosting a Community Walk along O'Leno State Park's main paved drive. The Department will be on hand to help you track your weight and BMI. Community Walks will continue throughout the year on the 3rd Saturday of each month. The park will offer half priced admission fees to all participants. **Enjoy Life! Be outside!** Health checks and registration begins at 8 a.m. Walk begins at 9:00 a.m.

All participants will receive a free pass for their next visit at O'Leno State Park!!



BUT WAIT THERE'S MORE!!!!

This month after the health walk we will have a Park Ranger demonstrating how to cook a healthy campfire recipe. Are you looking for some culinary inspiration during for your next camping trip? Want to brush up on your fire-building skills and learn how to prepare tasty, healthy foods on an open fire? Then the Healthy Campfire Cooking Program is for you! Brought to you by the Florida Department of Environmental Protection in partnership with the Florida Department of Health, the Healthy Campfire Cooking program is designed to create opportunities for park visitors to try healthier camping foods while learning new recreational skills. Campfire cooking classes are taught by Florida park rangers and appeal to both adults and children.