



REGISTER FOR PROGRAMS AT PORTAGEPARKDISTRICT.ORG

APRIL

2

Park Rx program kick off

Time: 5:30 p.m.
Location: University Hospitals Medical Arts Building, 6847 N. Chestnut St., Ravenna, OH 44266
Free health screenings and partner information available to start your Park Rx journey

9

Group hike - .9 miles

Time: 9 a.m.
Location: Morgan Park, 8828 ST RT 44, Ravenna, OH 44266
Led by: Portage Park District
Accessible for limited mobility



14

Mindfulness hike - 2.1 miles

Time: 1 p.m.
Location: Shaw Woods, 7075 Beery Rd., Ravenna, OH 44266
Led by partner: Sequoia Wellness



24

Stretching and fitness hike - 3.6 miles

Time: 5:30 p.m.
Location: Towner's Woods, 2264 Ravenna Rd., Kent, OH 44240
Led by partner: Sequoia Wellness



MAY

4

Yoga basics

Time: 9:15 a.m.
Location: Reed Memorial Library, Jenkins Room
Program: Yoga
Led by partner: Portage County Health District
Accessible for limited mobility



8

Group hike - 2.57 miles

Time: 5:30 p.m.
Location: Headwaters Trail, 4633 Mill St., Mantua, OH 44255
Program: Volunteer naturalist, Leann, Portage Park District. Accessible for limited mobility



14

Cooking with Herbs

Time: 5:30 p.m.
Location: 6847 N. Chesnut St., Ravenna, OH 44266 Medical Arts Building, Rm 150
Led by partner: University Hospitals, Portage Medical Center. Accessible for limited mobility



19

Group hike - 1.2 miles

Time: 1 p.m.
Location: Seneca Ponds, 515 Mondial Pkwy., Streetsboro, OH 44241
Program: Volunteer naturalist, Leann, Portage Park District.



22

Eat locally, eat seasonally

Time: 9:15 a.m.
Location: Reed Memorial Library, Jenkins Room
Led by partner: Portage County WIC
Accessible for limited mobility



30

Group hike - ~2 miles

Time: 5:30 p.m.
Location: Dix Park, 7318 ST RT 44, Ravenna, OH 44266
Led by partner: Portage Park District



JUNE

5

Bike safety and helmet distribution ride/walk - 1.2 miles

Time: 5:30 p.m.
Location: The PORTAGE Hike and Bike Trail, 1557 Lake Rockwell Rd., Kent, OH 44240
Led by partner: Portage County Health District
Accessible for limited mobility



11

Group hike - 1 mile

Time: 5:30 p.m.
Location: Berlin Lake Trail, 232 Kirkbride Rd., North Benton, OH 44449
Led by partner: Portage Park District
Accessible for limited mobility



19

Wrap up event

Time: 5:30 p.m.
Location: University Hospitals Medical Arts Building, 6847 N. Chestnut St., Ravenna, OH 44266
Led by partner: Portage Park District
Health screenings and celebration of your journey to better health

LEGEND



Nutrition



Wild Hikes Challenge



Fitness/Yoga



Cycling



Walking/Hiking



Limited mobility accessible



Nature program

Start your journey today

Programs are free of charge. Fill out the program intake form and register for programs at portageparkdistrict.org



Exercising outdoors can reduce sadness, anger, fatigue and improve attention spans. (Blower, Buyung-Ali, Knight & Pullin, 2010)

For the elderly, time outdoors in a natural setting can improve cognition. (Ottooson & Grahnm 2005)

Spending time outdoors is associated with improved distance vision. (Rose et al, 2008)