



# Portage Park District

January 2019 Newsletter

## In the parks



# Park Rx



## Park Rx offers programming in 2019

In 2018, Portage Park District unveiled its dedication to helping the community get healthy with the launch of our Park Rx program. Many partnerships were formed over the course of the year to work towards the goal of making it easier to get healthy in our community. Key partners include: Kent State, NEOMED Soar Clinic, Portage County Health District, Portage County WIC, University Hospitals Portage Medical Center, and Sequoia Wellness.

In March of this year, we will kick off our first 13 week session of Park Rx programming which will include:

- Group hikes (complete the Wild Hikes Challenge during the 13 weeks) [Take our group hike survey](#)
- Healthy living programming
- Health screenings
- Safety programming and more

If you are interested in learning more, or receiving a calendar of program dates when available, email [Andrea](#).

## This Issue

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[Headwaters Race](#)

**Tell us what you think**

Complete these surveys to help us better serve you.

[Group hike survey](#)

[Wild Hikes Challenge survey](#)

**Park Commissioner Vacancy**

**Apply to be a Park Commissioner**

Those interested in applying for the Portage Park District Board of Commissioners can get more information [here](#).

**Volunteering**

**Spring orientations**

Would you like to volunteer with us this

Start your journey to better health!

## Foundation news



### Headwaters Adventure Race registration open

**July 13, 2019**  
**7 a.m.- 12 p.m.**

Buchert Park, Mantua Village  
4808 East High Street  
Mantua, OH 44255



Run, Pedal and Paddle for trails and watershed conservation! This fun(d)raiser hosted by the Portage Park District Foundation is set in Mantua, Ohio. You'll run 2 miles on the Headwaters Trail, bike 10 miles on rural roads past scenic landscapes, then paddle 5 miles on the Upper Cuyahoga Scenic River back to Mantua. Solo or team categories are available.

**REGISTER TODAY**

year? Complete a volunteer application and attend an orientation to get started.

### Volunteer application

**Wednesday, March 13**  
**5:30-6:30 p.m.**

**Saturday, March 16**  
**10-11 a.m.**

Confirm your attendance by emailing [Andrea](#).

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### Wild Hikes Challenge 2019 - Year of the Pollinators

This year, we celebrate pollinators for the essential role they play in supporting life, and recognize the need to promote pollinator health across the landscape.



To participate, just walk, hike, skip, jog, run or stroll on 8 of the following trails before December 31st to earn a hiking staff (1st year) and/or a 2019 Wild Hikes medallion. Forms can be downloaded [here](#).

Portage Park District | 330-297-7728 | [admin@portageparkdistrict.org](mailto:admin@portageparkdistrict.org) |  
705 Oakwood Street, Suite G-4 | Ravenna, OH 44266

Visit our website | [portageparkdistrict.org](http://portageparkdistrict.org)