

Walk with a Docs- Winter 2017-2018

Date: Saturday, December 16, 2017  
Time: 1:00-2:30 PM  
Event: Walk With a Doc  
Location: Winton Woods/Fitness Trail  
Target Age: All  
Type: Hike  
Bad Weather?: Cancel if Level 2 snow emergency or park is closed  
Naturalist: Amy Smith

Take steps for a better you and learn health tips from a local doctor along the way. Walk off some pent up energy on the fitness equipment stations. Winton Woods/Fitness Trail (Free)

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Date: Saturday, December 30, 2017  
Time: 11:00- AM-12:00 PM  
Event: Walk With a Doc  
Location: Sharon Woods/Gorge Trail Parking Lot  
Target Age: All  
Type: Hike  
Bad Weather?: Cancel if thunderstorms Level 2 snow emergency or park is closed  
Naturalist: Amy Smith

Take steps for a better you and learn health tips from a local doctor along the way. Enjoy a scenic creek, nestled in a gorge formed by glacial melt water! Sharon Woods/Gorge Trail Parking Lot (Free)

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Date: Saturday, January 13, 2018  
Time: 1:00-2:30 PM  
Event: Walk With a Doc  
Location: Woodland Mound/Seasongood Nature Center  
Target Age: All  
Type: Hike  
Bad Weather?: Cancel if Level 2 snow emergency or park is closed  
Naturalist: Amy Smith

Take steps for a better you and learn health tips from a local doctor along the way. Enjoy woodland and prairie vistas, with river views thrown in for good measure. Woodland Mound/Seasongood Nature Center (Free)

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Date: Saturday, January 27, 2018  
Time: 1:00-2:30 PM  
Event: Walk With a Doc  
Location: Sharon Woods/Fitness Trail  
Target Age: All  
Type: Hike  
Bad Weather?: Cancel if Level 2 snow emergency or park is closed  
Naturalist: Amy Smith

Take steps for a better you and learn health tips from a local doctor along the way. Enjoy woodland and prairie vistas, with river views thrown in for good measure. Sharon Woods/Fitness Trail (Free)

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Date: Saturday, February 10, 2018  
Time: 1:00-2:00 PM  
Event: Walk With a Doc  
Location: Winton Woods/ Kingfisher Trail  
Target Age: All  
Type: Hike  
Bad Weather?: Cancel if Level 2 snow emergency or park is closed  
Naturalist: Amy Smith

Take steps for a better you and learn health tips from a local doctor along the way. Winton Woods/Kingfisher Trail (Free)

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Date: Saturday, February 17, 2018  
Time: 1:00-2:30 PM  
Event: Walk With a Doc  
Location: Miami Whitewater Forest/Visitor Center  
Target Age: All  
Type: Hike  
Bad Weather?: Cancel if Level 2 snow emergency or park is closed  
Naturalist: Amy Smith

Take steps for a better you and learn health tips from a local doctor along the way. Take the challenge of fitness equipment stations along the way! Miami Whitewater Forest/Visitor Center (Free)