



PARKS, RECREATION AND NATURAL RESOURCES

Aug. 3, 10, 17, 24, 31

Fitness in the Park: Fit as a Fiddle for 50-Plus **Urfer Family Park, 4012 Honore Ave., Sarasota**

SARASOTA COUNTY — Looking for an opportunity to get a little fresh air and meet new people? Increase your sense of well-being and quality of life through gentle exercise and companionship in a beautiful natural setting. This is a gentle workout for adults and not for advanced fitness buffs. Join in for free on Friday's from 8:30 – 9:30 am. Meet at the pavilion.

For more information, call the Sarasota County Contact Center at 941-861-5000 or visit www.scgov.net.