



PARKS, RECREATION AND NATURAL RESOURCES

Feb. 1, 8, 15, 22

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 from 8:30-9:30 am. Meet at the pavilion. No registration necessary.

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