

LET'S ALL *go to* THE PARK!

Explore 5 Fabulous South Santa Clara County Parks!

All activities are **FREE** and **OPEN TO ALL FITNESS LEVELS!**

Participate in all 5 park activities or choose the ones that fit your schedule!

Bring:



Family and friends



Comfortable walking shoes



Strollers and wheelchairs welcome

No registration required!

Exercising in your local parks reduces stress and helps prevent Type 2 Diabetes.



Look for the green flags to pick up prizes. Prizes only for the first 100 people!

Post park photos on Instagram, Twitter, or Facebook using the hashtag **#park4health2017**; or **#firsttimehiker2017**.

