

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.



Park Activities

Meet and walk with Community Leaders & Local Celebrities!

- 1. Saturday, May 13, 10 a.m. - Noon**
Little Llagas Creek Trail in Morgan Hill
Centennial Recreation Center, 171 W. Edmundson Avenue, Morgan Hill
Walk, run, or bike up to 5 miles
Bike safety and helmet fitting provided
- 2. Thursday, June 29, 6 p.m. - 8 p.m.**
Galvan Park in Morgan Hill
17666 Crest Avenue, Morgan Hill
Annual "Summer Fun in the Park" and family fitness activities
- 3. Saturday, July 15, 9 a.m. - 10:30 a.m.**
Coyote Creek Parkway in Morgan Hill
Park Visitor Center, 19245 Malaguerra Avenue, Morgan Hill
Walk the trail and learn about Native American History and natural history from an experienced park guide
- 4. Thursday, August 10, 6 p.m. - 9:00 p.m.**
San Ysidro Park in Gilroy [RESCHEDULED]
7700 Murray Avenue, Gilroy
Annual "Party in the Park" family fitness activities followed by an outdoor family movie
- 5. Saturday, September 9, 10 a.m. - Noon**
Gilroy Levee
Meet at Gilroy Sports Park, 5925 Monterey Frontage, Gilroy
Walk, run, or bike up to 10 miles
Bike safety and helmet fitting provided

Click [here](#) for more information or call 408-793-2703