



# Centerville-Washington PARK DISTRICT

## FOR IMMEDIATE RELEASE

Date: March 8, 2019  
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Subject: **Fourth Annual Friends and Family Hike Series**



**CENTERVILLE, OH:** Regular nature hikes strengthen the heart, lungs, muscles and mind. The Centerville-Washington Park District (CWPD) designed the Friends and Family Hike Series to encourage more people to get out and enjoy the healing benefits of nature.

CWPD offers five Friends and Family Hikes per year. Staff and volunteers lead each hike in the series. “For infrequent hikers, staff led hikes seem to ease the worry of getting lost in the park. Staff led hikes also make it easier for hikers of all levels to participate,” says CWPD’s Fitness and Wellness Coordinator Janet Holthaus. As an extra incentive to participate, each person that completes at least three out of the five hikes earns a free t-shirt!

The 4<sup>th</sup> annual Friends and Family Hike Series kicks off on Saturday, March 23 at Grant Park. The Signs of Spring Hike will begin at 9:30 a.m. Friends and Family Hikes are free and all ages are welcome. Pre-registration is required by Friday, March 22 on [www.cwpd.org](http://www.cwpd.org), or you can call 937-433-5155 to register.

The other Friends and Family Hikes in the series will take place May 11, July 20, September 25 and November 17, 2019.

*The Centerville-Washington Park District operates eight community parks, nine nature parks, and 33 neighborhood parks encompassing more than 1,000 acres in Centerville and Washington Township. For more information about the Centerville-Washington Park District, please call (937) 433-5155 or visit [www.cwpd.org](http://www.cwpd.org).*

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