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FOR IMMEDIATE RELEASE:

Date: September 18, 2013
Contact: Carrie A. Dittman
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Subject: **Grand Opening of Oak Grove Park Fitness Trail**

WASHINGTON TOWNSHIP, OH: The Centerville-Washington Park District recently installed two types of outdoor exercise equipment at Oak Grove Park, 1790 E. Social Row Road. The complete Energi™ system is for active individuals ages 13 and up. The LifeTrail® system is geared toward those ages 50 and over and includes ADA accessible pieces. There will be a Grand Opening event with a ribbon cutting and informal demonstrations of the equipment Tuesday, October 1 from 5-6:30 p.m.

The Park District's Fitness Coordinator, Jen Brandt, says "We are so excited to offer our first outdoor fitness equipment. The Energi™ and Life Trail® exercise equipment systems are unique to our 49 parks and our community. We hope people will head to Oak Grove Park and workout on the new equipment!"

The Centerville-Washington Park District received a grant from NatureWorks for funding of the two types of fitness equipment. The NatureWorks grant program provides up to 75% reimbursement assistance for local government subdivisions (townships, villages, cities, counties, park districts, joint recreation districts, and conservancy districts) for the acquisition, development and rehabilitation of recreational areas.

Oak Grove Park offers a variety of other recreation opportunities--soccer fields, including a stadium with lighting, baseball diamonds, tennis courts, two playgrounds, picnic shelters, a dog park, paths for walking or jogging, an archery range, and a pond and dock for fishing.

The Centerville-Washington Park District operates eight community parks, eight nature parks, and 33 neighborhood parks in Centerville and Washington Township. For more information about the Centerville-Washington Park District, please call (937) 433-5155 or visit www.cwpd.org.