



FOR IMMEDIATE RELEASE

Date: January 11, 2021
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Subject: **Organizations Partner for CommUNITY Wellness Challenge**

CENTERVILLE, OH: The Centerville-Washington Park District, the Washington-Centerville Public Library and the Washington Township RecPlex are challenging the community to complete 21 wellness activities this January! Kick off 2021 by taking care of you!

To participate, track your activity on a challenge worksheet. The worksheet includes 28 suggestions to get you going, including finding healthy recipes, free virtual meditation classes and activity-filled park visits. Turn in your completed worksheet at the library, the RecPlex or Park District headquarters by January 31 to enter into a prize drawing! There is no cost to participate.

The CommUNITY Wellness Challenge tracking sheet is located on <https://www.wclibrary.info/>.

“The Park District is excited to begin 2021 with this strong partnership program to encourage community health and wellness,” said Kristen Marks, Centerville-Washington Park District Program Manager.

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The Centerville-Washington Park District operates eight community parks, nine nature parks, and 34 neighborhood parks encompassing more than 1,030 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.

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