



Autumn Health Walk at Reynolds Nature Preserve

Friday, Sept. 21 from 5:30 - 6:30 p.m.

Reynolds Nature Preserve
5665 Reynolds Road, Morrow, Ga. 30260



Georgia SHAPE (Student Health and Physical Education) encourages young people and their parents to exercise, eat better, and be more aware of their current fitness level. In conjunction with **Georgia SHAPE Month** (September), the Clayton County Board of Health (CCBOH) and the Clayton County Parks and Recreation Department are sponsoring a **FREE Autumn Health Walk** at the Reynolds Nature Preserve.

Participants in the health walk will be able to take a free guided nature walk through a portion of the 146-acre Reynolds Nature Preserve, located in the heart of Clayton County. Preserved in its native state, the reserve offers a view of the rolling hills and forests that define Georgia's Piedmont region. During the walk, visitors will receive information about Georgia SHAPE, the USDA's "Choose MyPlate" campaign, and the FitnessGram program. The first 30 attendees will receive free goodie bags from CCBOH.

This is a great opportunity for kids and parents to stay in shape and get back to nature. To register or for more info, contact Katrina Brantley, CCBOH Community Wellness Manager at (678) 610-7428 or katrinabrantley@dhr.state.ga.us

Green Thumb Gardening - Prior to the fitness walk, Reynolds Nature Preserve will host a "Green Thumb Gardening" class, starting at 4:15 p.m. Visit the preserve's Heritage Garden and learn how fun and easy it is to grow your own edible greens. Each participant will take home their very own seed pot planted with an edible fall crop. This optional class is open to all ages and costs \$8 per person to cover planting supplies. Children ages 12 and under must be accompanied by an adult and **pre-registration is required**. To register and for more info, call 770-603-4188.

Dress comfortably...trails are mulched, not paved, so wear tennis or hiking shoes. A water bottle and bug spray with DEET are also advised. The hike begins promptly at 5:30 p.m.

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