

wellness express

a monthly insight into St. Johns County wellness happenings

JULY 2018



Adventure Awaits



The United States has celebrated July as the nation's official Park and Recreation Month since 1985. It was created by the National Recreation and Park Association to specifically highlight the vital and powerful role local parks and recreation play in conservation, health and wellness and social equity efforts in communities all across the country. This year, it's all about highlighting the unique, and perhaps unknown offerings of your local parks and recreation facilities. Our County Parks and Recreation Department is always leading initiatives and providing opportunities for people of all ages to achieve healthier lifestyles, promote and understand nature and conservation as well as bringing the community closer

through a variety of programs and services. There will be a Beach Clean Up at Vilano Beach on Wednesday, July 11, Kids Yoga @ the Beach on Friday, July 20, along with Sunset Dolphin Walks on Wednesday, July 18 and Saturday, July 21. All of these programs are FREE. To learn about other unique recreational opportunities, sign up for the monthly e-newsletter on the Parks and Recreation page at: <http://www.sjcfl.us/Recreation/index.aspx> or contact Kelly Ussia at 904.209-0335. While you're out discovering, make sure to send in a picture of you spending time at one of our Parks and Recreation sites to be entered into a raffle for 1 of 2 St. Johns County annual beach passes. Send pictures to: dzupansic@sjcfl.us



Introducing: Racing for Wellness

Sponsorship of employee-led teams to walk, run, or bike in a race/event.

Our first event is the Bike MS: PGA TOUR Cycle to the Shore on October 13 & 14. If you're interested in joining the St. Johns County Wellness Wheelers, visit the Wellness Page for more information and a link to register for the team.



Lunch-n-Learn

Paddle Your Way to Health

Thursday | August 16 | 11:30am-12:30pm

Enjoy a delicious lunch while learning about kayaking in NE Florida. The discussion will cover safety, strokes and maneuvers, trip planning, gear and boats as well as weather and conditions. Class counts as training.

To sign up, visit the Wellness Page or send an e-mail to dzupansic@sjcfl.us