



2018 PARKLANDS EXPLORER Pathways to Wellness

Embark on a pathway to wellness for body and mind! The 2018 Parklands Explorer: Pathways to Wellness program, *presented by Trilog Health Services and The Bufford Family Foundation*, invites community members of all ages and abilities to join Parklands Interpretive Rangers each month to traverse a new hiking trail and delve into a related educational topic. Parklands Explorer hikes are FREE and open to all at 10 a.m. on the second Saturday of each month. From April through September, arrive at 9 a.m. for bonus wellness activities, such as Yoga, Tai Chi and meditation.

DATE	WELLNESS ACTIVITY (9:00 AM)	EXPLORE (10:00 AM)
JAN 13		<i>Forest Management</i> , Coppiced Woods Trail
FEB 10		<i>Geology</i> , Limestone Gorge Trail
MAR 10		<i>Reading the Landscape</i> , Big Beech Trail
APR 14	<i>Heart Healthy Walking</i> by American Heart Association	<i>Biodiversity: The Heart of The Parklands</i> , Riparian Ramble Trail
MAY 12	<i>Yoga</i> by YMCA at Norton Commons	<i>What's Eating the Ash Trees?</i> , Hickory Trail
JUNE 9	<i>Yoga</i> by YMCA at Norton Commons	<i>Forest Succession</i> , Paw Paw Trail
JULY 14	<i>Functional Body Movement</i> by 502 Fit Pass	<i>The Importance of Wetlands</i> , Black Willow Trail
AUG 11	<i>Tai Chi</i> by Grandmaster Mingye Ding	<i>How Water Shapes Land</i> , Paw Paw Trail
SEPT 8	<i>Intro to Mindfulness Meditation</i> by Earth & Spirit Center	<i>Botany: Why Plants Make the Place</i> , Riparian Ramble Trail
OCT 13		<i>Birds & Their Ecological Functions</i> , Valley of the Giants Trail
NOV 10		<i>Parklands History</i> , Seaton Valley Trail
DEC 8		<i>Sinkholes</i> , Highland Crossing

SEE BACK FOR DETAILS ON WELLNESS ACTIVITIES. REGISTER AT THEPARKLANDS.ORG/EVENTS.

Presented by:



The Bufford Family Foundation

Special thanks to our wellness partners:



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



Grandmaster Mingye Ding



2018 PARKLANDS EXPLORER WELLNESS ACTIVITIES

From April through September, arrive at 9 a.m. for special wellness activities with our community partners:



APR 14 - Join us at 9 AM at the Woodland Pavilion in Broad Run Park as we partner with the American Heart Association during their “Move More Month” to offer free blood pressure checks, a trail mix bar, stretching exercises, and a short program to reveal the 2018 Heart Walk poster. Then join us at 10 AM for “Biodiversity: The Heart of The Parklands,” a hike with Interpretive Rangers on the Riparian Ramble Trail, a 1.2-mile easy level, soft-surface hike/bike trail that winds along Floyds Fork. All ages and experience levels are welcome.

MAY 12 - Join us for beginner-friendly yoga at 9 AM at Brown-Forman Silo Center in Turkey Run Park. Led by instructors from the YMCA at Norton Commons, the class is 45 minutes long and focuses on building strength, flexibility, and concentration. Incorporated in the class will be flowing moves matched with breathing to allow the body to relax and enjoy its full potential. Please bring a water bottle and your own yoga mat. A limited number of mats will be available courtesy of the YMCA at Norton Commons. This activity is best suited for participants ages 12 and up. After yoga, stick around as we explore “What’s Eating the Ash Trees?” at 10 AM on the Hickory Trail. Interpretive Rangers will discuss the history of the ash borer invasion, how to know an ash tree is infested, and what The Parklands is doing to combat this problem. All ages and experience levels are welcome for this 3.5-mile roundtrip walk.

JUNE 9 - Join us for beginner-friendly yoga at 9 AM at Brown-Forman Silo Center in Turkey Run Park. Led by instructors from the YMCA at Norton Commons, the class is 45 minutes long and focuses on building strength, flexibility, and concentration. Incorporated in the class will be flowing moves matched with breathing to allow the body to relax and enjoy its full potential. Please bring a water bottle and your own yoga mat. A limited number of mats will be available courtesy of the YMCA at Norton Commons. This activity is best suited for participants ages 12 and up. After yoga, stick around as we explore Forest Succession at 10 AM on the Paw Paw Trail. The Parklands forests provide excellent wildlife habitat as well as a sense of peace for us humans. Interpretive Rangers will discuss the dynamic nature of forests while hiking through the largest forested section of The Parklands. All ages and experience levels are welcome for this 4.6-mile roundtrip walk.

JULY 14 - Join us at 9 AM as Cynthia Williams of 502 Fit Pass leads a Functional Body Movement class at the PriceWaterhouseCoopers LLP Pavilion in Beckley Creek Park. Participants will perform a series of functional body weight exercises to increase their heart rate, build lean muscle mass, and torch fat. This class is designed for all fitness levels, but is best suited for participants ages 12 and up. Remember to dress for the weather, and bring a water bottle and workout mat. After the class, join Parklands Interpretive Rangers at 10 AM for a hike on the Black Willow Trail exploring the function and importance of wetlands and how The Parklands is working to restore these dynamic habitats. All ages and experience levels are welcome for this 2-mile roundtrip walk.

AUG 11 - Join us at 9 AM as Grandmaster Mingye Ding leads a beginner-friendly Tai Chi class at the Pignic Barn at Brown-Forman Silo Center in Turkey Run Park. All experience levels are welcome, but this event is best suited for ages 14 and up. This event takes place outdoors, so remember to dress for the weather and bring a water bottle. Tai Chi is a gentle form of exercise that helps promote balance, strength, and a greater mind-body connection. This low-impact activity is celebrated for its health benefits and is a great activity for all ages. After Tai Chi, stick around to explore Turkey Run Creek at 10 AM on the Paw Paw Trail. In addition to being essential to all life, water helps shape the land we know and love. Join Interpretive Rangers to explore hydrology, how Turkey Run Creek, Floyds Fork, and other small streams shape the land and influence plant and animal species in The Parklands. All ages and experience levels are welcome for this 3-mile roundtrip walk.

SEPT 8 - Join us at 9 AM at the Woodland Pavilion in Broad Run Park to learn about the physical, psychological, and spiritual benefits of a mindfulness meditation program. Mindfulness meditation has been clinically demonstrated to increase relaxation, relieve stress, reduce anxiety and bolster self-esteem. This 60-minute workshop led by Fr. Joe Mitchell of the Passionist Earth and Spirit Center offers a basic introduction to theory and practice of mindfulness meditation. After meditation, stick around as we explore “Why Plants Make the Place” at 10 AM on the Riparian Ramble Trail. The Parklands is home to over 700 varieties of plants. Plants form the base of the food chain and their presence dictates what animal species we see in the parks. Interpretive Rangers will discuss some of our most amazing plants and how they make The Parklands a special place. All ages and experience levels are welcome for this 2.4-mile roundtrip walk.

Please remember to dress for the weather, wear a good pair of walking shoes and bring a water bottle.

**See reverse for the full Parklands Explorer schedule.
View descriptions of all Explorer hikes and
register at theparklands.org/events.**