



FitBiz Watercooler Wellness

May 2019

GET ACTIVE! - What's Happening Around Dublin

Dublin is the perfect place to enjoy the great outdoors! With more than 130 miles of bike paths and 61 parks, it's no wonder the City has been recognized nationally as one of the best places to live. For information on park locations and bike paths, go to dublinohiousa.gov/parks.

Looking for a fun run/walk to try this month? Lace up your sneakers and check out these local events!

2FGR Run for Down Syndrome (Kid's race, 5K/10K walk or run)

Thursday, May 16 @ 7:00pm
6000 Perimeter Dr., Dublin
columbusrunning.com/pages/races

FORE!Miler presented by OhioHealth (4 miles)

Thursday, May 23 @ 7:00pm
Muirfield Village Golf Club, Dublin
foremiler.com

City of Zion Church #ORTONSTRONG Meshach Sir King Orton Memorial 5K

Saturday, May 25 @ 9:00am
Dublin Community Recreation Center, Dublin
columbusrunning.com/pages/races

Community Service Day

Saturday, May 4

8:30 a.m. to Noon

Dublin Community Recreation Center

Community Service Day brings together volunteers of all ages to help area senior citizens, Dublin schools and local non-profit organizations with spring clean-up and outdoor projects. All ages are needed and welcome! Volunteer individually, with your family, or coordinate a group from work or your neighborhood. Volunteers receive breakfast, lunch and a Community Service Day t-shirt (while supplies last)! Online volunteer registration is now open at: dublinchamber.org/dublins-community-service-day



FitBiz

Healthy Workforce, Healthy Bottom Line



econdev.dublinohiousa.gov/fitbiz



EVERYTHING GROWS HERE.