



# FitBiz Watercooler Wellness

## September - 2019 Edition

### 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](http://dublinohiousa.gov/parks).

Looking for a fun run/walk or special event to try this month? Lace up your sneakers and check out these local area events.

#### **Columbus Walk for Apraxia**

Sunday, Sept. 15 @ 9:00am

Coffman Park

5200 Emerald Parkway, Dublin

[https://secure.apraxia-kids.org/site/TR?fr\\_id=2859&pg=entry](https://secure.apraxia-kids.org/site/TR?fr_id=2859&pg=entry)

#### **Walk to Defeat ALS**

Sunday, Sept. 22 @ 9:30am

Coffman Park

5200 Emerald Parkway, Dublin

[http://web.alsa.org/site/TR?fr\\_id=13792&pg=entry](http://web.alsa.org/site/TR?fr_id=13792&pg=entry)

#### **Dublin Arts Council Arts & Wellness Event 25<sup>th</sup> Birthday Party for Field of Corn**

Saturday, Sept. 28 from 11:00-3:00pm

Frantz Park, 4995 Rings Rd., Dublin

<https://dublinarts.org/event/25th-birthday-party-for-field-of-corn-with-osage-oranges/>



#### **Volunteer Opportunities**

##### **KEEP DUBLIN GREEN KITS**

Park clean up kits are available for groups, small or large, looking to give back. The kits include trash and recycle bags, gloves, safety vests, a scavenger hunt for kids, and even a selfie stick to document the clean-up! To reserve a kit email [volunteer@dublin.oh.us](mailto:volunteer@dublin.oh.us) and we'll match you with a park in need.



EVERYTHING GROWS HERE.