



FitBiz Watercooler Wellness

December - 2019 Edition

GET ACTIVE! - What's Happening Around Dublin

Don't be afraid to bundle up and get outside this winter. Take a brisk walk through one of our 62 parks, hit the sled hill, practice your figure eights, or lace up your sneakers for a winter run. There are endless opportunities to explore this winter in Dublin. For information on sledding, skating, park locations and bike paths, go to dublinohiousa.gov/parks

Jingle Bell Run

Saturday, Dec. 7 @ 9:45am

Genoa Park

303 West Broad St.

Columbus, OH 43215

<https://events.arthritis.org/index.cfm?fuseaction=donorDrive.event&eventID=840>

Dublin Snowflake 5k

Sunday, Dec. 15 @ 9:00am

Dublin Community Recreation Center

5600 Post Rd., Dublin

<https://runsignup.com/Race/OH/Dublin/DublinSnowflake5K>



Volunteer Opportunities

Looking for ways to ignite your community spirit and to give back to others? Volunteers are needed for many different causes.

Volunteers may help with parkland, gardens, special events, working with children, seniors or those with special needs for recreational programming, and offer helping hearts, hands and minds for special projects. This month volunteers are needed for the Tree Lighting Ceremony on December 5th and the Holiday Tunes & Togetherness service project on December 14th. To learn more about available opportunities, please visit volunteer@dublin.oh.us.

