



FitBiz Watercooler Wellness

January - 2020 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

Polar Hike Series

Ready to get outdoors this winter and explore your Dublin parks? Join each session for fun, fitness, and conversation during a 2-3 mile hike at one of Dublin's community area parks.

Saturday, Jan. 18 10:00-11:00am

Kiwanis Park

6245 Riverside Dr., Dublin

<https://dublinohiousa.gov/recreation-services/findme>

Winter Stargazing

Look at stars and constellations using telescopes and binoculars.

Friday, Jan. 24 6:00-7:00pm

Glacier Ridge Metro Park

9801 Hyland-Croy Rd.

Plain City, OH 43064

<https://web1.vermontsystems.com/wbws/ohfranklinctywt.wsc/search.html>



5th Line 5K

Saturday, Jan. 25 @ 10:00am

Nationwide Arena

200 W. Nationwide Blvd., Columbus 43215

<https://the5thline5k.com/>

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. To learn more about available opportunities, please visit volunteer@dublin.oh.us.

