



FitBiz Watercooler Wellness

February - 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

Winter Hike Series

Enjoy a brisk 2-mile hike through the grassland and forest.

Sunday, Feb 9th 2:00-4:00pm

Glacier Ridge Metro Park

9801 Hyland-Croy Rd.

Plain City

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

Columbus Fight For Air Climb (40 floors, 880 stairs)

By joining the Fight For Air Climb, you are helping to make a positive impact in the lives of those affected by lung disease.

Saturday, Feb 15th 8:00am

Rhodes Tower

30 East Broad St., Columbus

https://action.lung.org/site/TR?fr_id=18610&pg=entry



Little Hercules Foundation Indoor Triathlon

60 minute indoor triathlon to raise awareness and needed funds for research to end Duchenne Muscular Dystrophy.

Sunday, Feb 23rd, 7:00am – 12:00pm

Dublin Community Recreation Center

5600 Post Rd., Dublin

<https://raceroster.com/events/2020/28412/little-hercules-foundation-indoor-triathlon>

Volunteer Opportunities

Looking for ways to ignite your community spirit and to give back to others? Volunteers are needed for many different causes. To learn more about available opportunities, please visit

volunteer@dublin.oh.us.

