



2017 OTSEGO LAKE COUNTY PARKS & RECREATION

FIREWORKS DISPLAY

**SATURDAY, JULY 1ST
BEGINNING AT DUSK**

1657 COUNTY PARK ROAD ~ GAYLORD, MICHIGAN

RAIN DATE, SUNDAY - JULY 2ND

Come out and PLAY!



Healthy kids through the power of play

This statewide program engages youth in physical activity in the great outdoors, introducing parks and trails as a fun place to be active and healthy.

- Group Challenges
- Getting Fit
- Having Fun

Please join us every Tuesday and Thursday 10:00 am -Noon, **July 6th – August 31st**. The program is provided at **no cost** to the public. Children age 6-12 welcome. Contact the Otsego County Community Center at 989-732-6521 for additional details.

Play Learn and Grow Together



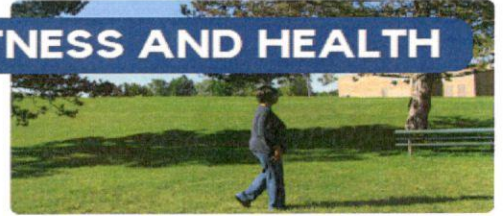
Michigan Recreation and Parks Association



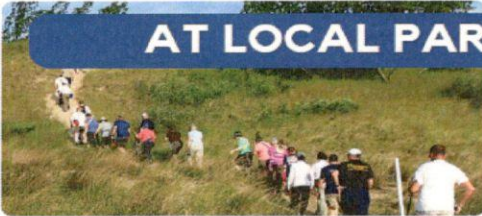
ADULT WALKING PROGRAM

WALK YOUR WAY TO FITNESS AND HEALTH

YOUR COMMUNITY'S PARKS AND TRAILS LEAD TO FREEDOM, ADVENTURE, AND GOOD HEALTH THAT YOU'LL FIND ON THE OTHER SIDE OF THE WALL.



AT LOCAL PARKS & TRAILS



WALK MICHIGAN PARTICIPANTS WILL LEARN GOOD WALKING FORM, SELECT A WALKING PLAN, AND FORM TEAMS TO WALK AT LOCAL PARKS AND TRAILS. YOU WILL RECEIVE:

WALK MICHIGAN

8-WEEK WALKING PROGRAM
FOR ADULTS
WALK 2X / WEEK AT ASPEN PARK
WALK 1X / WEEK AT NEW LOCATIONS

EVERY MON, WED, & FRI
10:30am-11:30am



GRANT FUNDED FREE TRANSPORTATION
FROM 120 GRANDVIEW BLVD. GAYLORD
TO WALKING LOCATION (SPACE LIMITED)

ON THE TRAIL TO FITNESS AND HEALTH

WEEK 1 (July 10th-14th)

Mon & Wed: ASPEN PARK

Fri: OTSEGO LAKE

COUNTY PARK

1657 County Park Rd, Gaylord, MI

(Paved path)

WEEK 2 (July 17th-21st)

Mon & Wed: ASPEN PARK

Fri: COMMUNITY GARDENS

800 Livingston Blvd, Gaylord, MI

(Grass, woodchipped path)

WEEK 3 (July 24th-28th)

Mon & Wed: ASPEN PARK

Fri: LOUIS GROEN

NATURE PRESERVE

2043 Gingell Rd, Joburg, MI 49751

(Grass, gravel/wood path)

WEEK 4 (July 31st-Aug 4th)

Mon & Wed: ASPEN PARK

Fri: PINE BARON PATHWAY

2010 Lone Pine Road Gaylord, MI

(Grass, dirt path)

WEEK 5 (Aug 7th-11th)

Mon & Wed: ASPEN PARK

Fri: OTSEGO LAKE COUNTY PARK

1657 County Park Rd, Gaylord

(Paved path)

WEEK 6 (Aug 14th-18th)

Mon & Wed: ASPEN PARK

Fri: FIVE LAKES NATURE AREA

2024 Five Lakes Rd Gaylord, MI

(Narrow grass, dirt trail)

WEEK 7 (Aug 21st-25th)

Mon & Wed: ASPEN PARK

Fri: COMMUNITY GARDENS

800 Livingston Blvd, Gaylord, MI

(Grass, woodchipped path)

WEEK 8 (Aug 28th-Sept 1st)

Mon & Wed: ASPEN PARK

Fri: LOUIS GROEN NATURE PRESERVE

2043 Gingell Rd, Joburg, MI 49751

(Grass, gravel/wood path)

INTEREST IN SIGNING UP?

CONTACT:

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