Forest Fitness Groove

Between now and March 20th, hike 10 miles, fill out your form, take your completed form to Local Roots and redeem for a special prize!

This winter, Local Roots is looking outward and using their voice to spotlight many of the great, local organizations that are working hard to provide healthy living programs and services for our community! Follow Local Roots Wooster on Instagram and/or Facebook to learn all about each of the partnering organizations on the bottom of this page.

Please turn in the completed form to Local Roots (140 S. Walnut St. Wooster OH)
Prize: Trail Treats Goodie Bag

Name: _____ Email: _____

Date	Trail/s	Miles

Rules: One prize per household, forms must be turned in to Local Roots by March 20, 2021

Winter Hiking Tips:

- Dress for the weather.
- Hike cautiously when there's snow and/or ice present.
- Hike with a friend.
- Try new trails.

Find a map of the park at:
www.FriendsOfWMP.com
or at the Kiosks at the park.

Wooster Memorial Park
is located at the corner of
Silver Rd & Jefferson Rd
Just off of 250

Friends of Wooster Memorial Park is a 501c3 non-profit volunteer community group dedicated to the preservation and public enjoyment of this local, natural treasure.

Other participants in this series:

NAMI Wayne and Holmes Counties — National Alliance on Mental Illness
FLEX yoga
Vertical Runner
Local Roots Market & Café
Ride On
Wooster Natural Foods — Natural Foods and Supplements