

Walk into Wellness

Join us for a day of connection and self-care by participating in some of these activities:

- Go on the guided nature hike (*leaves at 10:30, approx 2 hours*)
- Visit the Nature Center (*open 10-4*)
- Participate in the disc golf demo (*10:30-1*)
- Travel the Storybook Trail
- Visit the Mental Health Resource Fair (*10-12*)
- Paint a Kindness Rock (*10-12*)
- Pet a Therapy Dog (*10-12*)

(All activities run concurrently unless noted.)

Check off the activities you participated in, add your name and address to the front, and return this card to receive a certificate signed by Governor Mike DeWine and Lt. Governor Jim Tressel.



RecoveryOhio 

Department of
Natural Resources

Findley State Park

25381 OH-58, Wellington, OH

**Saturday, September 20
10 a.m. - 12 p.m.**



Findley State Park spans 838 wooded acres with towering pines, scenic hardwoods, meadows, and peaceful waters. It features a network of trails ideal for exploring in any season.

**This card must be returned by
October 4, 2025
to receive a certificate.**

RETURN ADDRESS - PRINT CLEARLY

*Place
stamp
here*



RecoveryOhio

Office of Governor Mike DeWine
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