

Walk it out...

With A Police Officer! Kick Off Event!

Mon. May 1, 6:30-7:30pm

Did you know walking for just 10 minutes can boost your mood for 2 hours? Join a Sandusky Police Officer for a walk and talk! Water and snacks will be provided. Erie County Health Department, 420 Superior St, Sandusky.

With A Naturalist!

Mon. May 8, 6:30-7:30pm

Did you know just the smell of the forest has been linked to decreasing stress? Join an Erie MetroPark Naturalist for a walk and talk through the woods to learn about the local ecosystem. Water and snacks will be provided. Sheldon's Marsh State Nature Preserve, 2715 Cleveland Rd, Huron.

With Tai Chi!

Mon. May 15, 6:30-7:30pm

Learn a few Tai Chi movements with Sarah Hopperton of the Erie County Health Department before taking a walk! Water and snacks will be provided. Oakland Cemetery, 2900 Columbus Ave, Sandusky.

To The Sandusky Greenhouse!

Mon. May 22, 6:30-7:30pm

Did you know that gardening is known to help with hand strength and dexterity? Join us as we walk to the Sandusky Greenhouse for a tour of the facility! Water and snacks will be provided. We will meet at Battery Park, 701 E. Water St, Sandusky and walk (15 min.) to the Greenhouse, 620 Elm St, Sandusky.

With A Police Officer!

Mon. June 5, 6:30-7:30pm

Did you know walking can help control weight gain? Join a Huron Police Officer for a walk and talk! Water and snacks will be provided. Meet by the picnic tables at the Huron Boat Basin, 330 Main St, Huron.

With A Naturalist!

Mon. June 12, 6:30-7:30pm

Did you know walking outside can help improve your memory? Join a Naturalist from Old Woman Creek for a walk and talk! Water and snacks will be provided. Old Woman Creek National Estuarine Research Reserve, 2514 Cleveland Rd, Huron.

At The Outdoor Fitness Adventure!

Mon. June 19, 6:30-7:30pm

Erie MetroParks has combined exercise with nature for double the health benefits! Learn how to use the outdoor fitness equipment or simply go for a walk in the park. Water and snacks will be provided. Osborn MetroPark, Frost Center Deck, 3910 Perkins Ave, Huron.

Around Downtown Milan!

Mon. June 26, 6:30-7:30pm

Walk around downtown Milan and even walk past the birthplace of Thomas Edison! Drinks and snacks will be provided. Meet at the Gazebo.

With A Police Officer!

Mon. July 10, 6:30-7:30pm

Did you know that walking for an hour a day is known to relieve insomnia? Join a Castalia Police Officer for a walk and talk around the village of Castalia. Water and snacks will be provided. Meet at the Margaretta High School parking lot, 209 Lowell St, Castalia.

With A Naturalist!

Mon. July 17, 6:30-7:30pm

Come learn about the sights and sounds at Eagle Point with an Erie MetroParks Naturalist! Water and snacks will be provided. East Sandusky Bay MetroPark, Eagle Point, Point, 3819 Cleveland Rd, Sandusky.

At NOMS Fitness Center!

Mon. July 24, 6:30-7:30pm

We are going to beat the heat and enjoy a walk around the indoor track! Water and snacks will be provided. Meet outside the Fitness Center, NOMS, 2500 W. Strub Rd, Sandusky.

At The Commons Of Providence!

Mon. July 31, 6:30-7:30pm

Walking causes oxygen to travel faster through your bloodstream. This helps to eliminate waste products and improves your ability to heal! Join us for a walk around the pond. Water and snacks will be provided. The Commons of Providence, 5000 Providence Dr, Sandusky.

With A Police Officer!

Mon. Aug. 7, 6:30-7:30pm

A Perkins Police Officer will be joining us for a walk and talk! Water and snacks will be provided. Strickfaden Park, 318 Bell Ave, Sandusky.

With A Naturalist!

Mon. Aug. 14, 6:30-7:30pm

Join a Naturalist from Erie MetroParks on a walk through the shady woods. Learn how to identify trees that reside there! Water and snacks will be provided. Hoffman Forest MetroPark, 5313 Huff Rd, Berlin Heights.

At The Sandusky Mall!

Mon. Aug. 22, 6:30-7:30pm

Let's beat the heat and enjoy some window shopping with a walk through the mall. Drinks and snacks will be provided. Meet at the Charming Charlie mall entrance, 4314 Milan Rd, Sandusky.

Summer Wrap Up Event!

Mon. Aug. 28, 6:30-7:30pm

Join us for raffle prizes, drinks, snacks and relaxing walk through the meadows to wrap up the summer! Local first responders will be in attendance too! Osborn MetroPark, Frost Center Deck, 3910 Perkins Ave, Huron.



For More Information:

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WALK IT OUT

Mondays | May - August



A new twist on the oldest pastime of all - walking! Join Erie MetroParks and the Erie County Health Department on a walk with community leaders and instructors as we enjoy various locations throughout Erie County.

