

The Fayette County Healthy Lifestyles Task Force is sponsoring these Wednesday Walks throughout Fayette County. The series is designed to improve the health of Fayette County residents by increasing their level of physical activity. Along with this goal, the series will educate participants on the history of local sites, as well as the cultural and environmental importance of these places. Walks are scheduled for 16 weeks throughout the spring and summer.

The Healthy Lifestyles Task Force is a sub committee of the Fayette County Community Health Improvement Partnership. The task force was implemented in 2003 as a result of the community health needs assessment. The goals of the task force are to improve the health of Fayette County residents by increasing their level of physical activity and promoting healthful eating habits.



If your schedule won't allow you to participate in our Wednesday Walks, check out the Step Outdoors Events being held weekly at Ohiopyle State Park. Join one of the park rangers as they guide you on a walk or hike throughout the park. Log on to www.dcnr.state.pa.us/stateParks/parks/ohiopyle OR www.stepstohealthierfayettecounty.org for a schedule and more information.

Healthy Lifestyles Task Force Member Agencies



Special thanks to the Herald Standard's SpinIt!
For their partnership with the Wednesday Walks.



**For more information, or for directions to any of
the walks, please contact us at:**

Steps to a Healthier PA—Fayette

www.stepstohealthierfayettecounty.org

168 S. Mt. Vernon Avenue
Uniontown, PA 15401
Phone: 724-439-1484



Fayette County Wednesday Walks

Sponsored by



and



April 22, 2009
Move It Outside Day

Celebrate Move It Outside with a story-walk! Bring your kids and grandkids to Hutchinson Park and read a story as we walk around the trail. We will begin in the area beside the parking lot.

May 6, 2009

Sampey Park— Tour the historical sites of Perryopolis: Grist Mill, Distillery, Old State Bank, and the Mary Fuller Frazier Home. Meet at Sampey Park.



May 20, 2009

Spring Valley Walk- This walk will include a tour of the businesses (Community Playthings and Sign shop) and a nature walk. Members of the community will be at the entrance to direct folks where to go.

May 27, 2009

PSU Fayette Walk

Join us as we all walk and tour Penn State Fayette The Eberly Campus.

June 3, 2009

Summit Inn- Join us for a stroll through the grounds and hear about the nature of the mountain. Meet in the lobby.

June 10, 2009

Fayette County Sports Hall of Fame Join host, Jess Hutson at UHS track to hear about the future Fayette County Sports Hall of Fame. Guess who's famous from Fayette County? Find out by meeting on the track.

June 17, 2009

Friendship Hill-Ghost Story

Got Ghost? We do! Join us for an interesting tale and walk! Meet at the statue of Albert Gallatin.

June 24, 2009

Fat Bird Walk at Nemacolin

This walking tour at Nemacolin Woodlands will begin at the Adventure Center and includes a slight incline. Meet at the Adventure Center.

July 1, 2009

Connellsville Heritage Trail Part II

We're back! This year we will walk the second mile of the Heritage Trail. Meet at the Brimstone corner at Pittsburgh and Crawford Ave. Park in the city lot.

July 8, 2009

Fallingwater Trails -hike your way

around the Frank Lloyd Wright house to the beautiful Paradise Overlook. Meet at the visitor center.

July 15, 2009

Captain Al's -Join Captain Al and hear his fishing stories while walking around Dunlap Creek Lake. Meet at Captain Al's Bait Shop, Dunlap Lake Entrance, Boat Launching Area.

July 22, 2009

Christian Klay Winery -Join Sharon Klay and hear the history of the winery. Meet at the barn for a walk into the vineyards.



July 29, 2009

Shady Grove-History tour

Walk around the park with guide Toni Tesauro and reminisce about the good old days! Meet at the parking lot.

August 5, 2009

Brownsville Architecture-

Meet at the Castle and walk down to the Flatiron building to hear a synopsis of the history. Then walk through town and look at some of the unique architecture. We will cross the Charles Street bridge to the Borough building and possibly walk 8 blocks to the Thompson House.

August 12, 2009

Bear Run Trail-Come with us to

learn about Bear Run watershed, the tree ecosystem, soil ecology, and early settlement along Bear Run. This is a moderately difficult hike. Meet at the parking lot at The Barn.

August 26, 2009

Dunbar- Join the historical society

on a stroll through Dunbar and learn of their history. Meet at the historical society.

All walks will be held on Wednesdays and begin at 6:30 p.m.