

National ParkRx Day 2019 Registered Events

Organization	City/Town	State	Date	Location	Activities
Municipality of Anchorage Parks and Recreation	Anchorage	AK	Saturday, April 27, 2019	Goose Lake Park	A 15-minute health presentation by a doctor followed by a guided walk in a local park
Russell Cave National Monument	Bridgeport	AL	Saturday, April 27, 2019 & Sunday, April 28, 2019	Russell Cave National Monument	Guided hike, Native herbal teas talk and tasting
Tuzigoot National Monument	Clarkdale	AZ	Sunday, April 28, 2019	Tuzigoot National Monument	Guided hikes, demo classes from local fitness centers, and vendor information booths.
USPHS Phoenix CHAT Team	Phoenix	AZ	Sunday, April 28, 2019	South Mountain Park and Preserve - Judith Tunnel Trail	Guided walk/jog/hike with exercise stations along the path
Tumacácori National Historical Park	Tumacacori	AZ	Sunday, April 28, 2019	Tumacácori National Historical Park	fun run, park-to-park hike, health and wellness fair
City of Richmond Community Services Department	Richmond	CA	Saturday, April 27, 2019	JFK Park	Guided walks, biking, health screening, exercise classes, dance, yoga,
City of Wheat Ridge Parks and Rec Dept	Wheat Ridge	CO	Sunday, April 28, 2019	Prospect Park	Guided walk and yoga, possibly a blood pressure screening.
City of North Port Parks and Recreation	North Port	FL	Saturday, April 20, 2019	Garden of the Five Senses	Outdoor Yoga Class
Lifestyle Management, LLC	Atlanta	GA	Sunday, April 28, 2019	Mason Mill Park 1340 McConnell Drive, Decatur, GA 30033	Walks, Hikes, Fitness Classes, Health Screenings
DeKalb County Board of Health	Decatur	GA	Sunday, April 28, 2019	11 parks in DeKalb County (Mason Mill Park, Bouldercrest Park, Davidson-Arabia Mountain Nature Preserve, Hairston Park, Henderson Park, Medlock Park, Olmsted Linear Park-Dellwood, Scott Park, Springbrook Park, W.D. Thomson Park, Zonolite Park)	Mason Mill Park 10 a.m. - 2 p.m. Activities: Yoga, cardio, guiding walking tour, kid-focused fitness, health education and more! Bouldercrest Park 1 p.m. - 4 p.m. Activity: To be announced. Davidson-Arabia Mountain Nature Preserve 8 a.m. Activity: Walk. Hairston Park 2 p.m. - 3 p.m. Activity: Fitness obstacle course. Henderson Park 2 p.m. - 5 p.m. Activities: Kickboxing, strength training and Caribbean dance. Medlock Park 10 a.m. - 12 p.m. Activity: Planting milkweed seedlings. Olmsted Linear Park 2 p.m. - 4 p.m. Activity: Planting milkweed seedlings. Scott Park 1 p.m. - 4 p.m. Activities: Yoga, archery, tree Chi Gong, Tai Chi, Lego activities and live reptile show. Springbrook Park 12 p.m. - 4 p.m. Activities: Earthing and Qi Gong. W.D. Thomson Park 12 p.m. - 2 p.m. Activity: Planting milkweed seedlings. Zonolite Park 1 p.m. - 3 p.m. Activity: Planting milkweed seedlings.

Maryland Park Service	Flintstone	MD	Tuesday, April 23, 2019	Rocky Gap State Park	5:30 p.m. at the Hawks Nest. Change up your routine with this 45-minute high-intensity interval training course. All fitness levels are encouraged, as each move can be adjusted to individual needs.
Gaithersburg Parks, Recreation and Culture	Gaithersburg	MD	Sunday, April 28, 2019	Bohrer Park at Summit Hall Farm	Guided walk, health screenings, talk to a doctor
Department of Parks and Recreation, Prince George's County	Greenbelt	MD	Sunday, April 28, 2019	Watkins Regional Park	1-mile Wellness Walk and Fun Run, archery, parkour, fitness and wellness classes (Line Dancing, Drum Circle, Pound Fitness, Yoga, African Dance, Meditation, Tai Chi), tennis clinic, moon bounce, health screenings, vendors (healthcare providers and other health related vendors, such as hair and skin care vendors)
Greenbelt Park- NPS	Greenbelt	MD	Sunday, April 28, 2019	Greenbelt Park	1.3-mile walk
M-NCPPC, Department of Parks and Recreation	Greenbelt	MD	Sunday, April 28, 2019	Watkins Regional Park	Guided walks/runs, meditation, yoga, obstacle course, tai chi, biking health screenings
Blue Mounds State Park	Luverne	MN	Sunday, April 28, 2019	Blue Mounds State Park	Guided hike
Minnesota State Parks & Trails	St. Paul	MN	Sunday, April 28, 2019	Gooseberry Falls State Park	Guided walks or hikes; app-based walks or hikes
MN DNR PAT Gooseberry Falls State Park	Two Harbors	MN	Saturday, April 27 & Sunday, April 28	Gooseberry Falls State Park	Hiking challenges - 5 different routes to earn badges and prizes for finishing them. Healthy choices for hiking booth with Make-Your-Own Gorp bags
George Washington Carver National Monument	Diamond	MO	Sunday, April 28, 2019	George Washington Carver National Monument	Walk with a Doc, Yoga in the Park, plant-based nutrition class/cooking demonstration, walking meditation, and BARK Ranger program
Kids in Parks	Asheville	NC	Sunday, April 28, 2019	River Park North	Guided hike with regional doctors and program staff
Scotts Bluff National Monument	Gering	NE	Sunday, April 28, 2019	Scotts Bluff National Monument	Run/walk
Gateway NRA- NPS	Highlands	NJ	Sunday, April 28, 2019	Gateway National Recreation Area	Guided walk
Town of Hyde Park	Hyde Park	NY	Saturday, April 27, 2019	Roosevelt-Vanderbilt National Historic Site	Guided hike
Hudson Valley Natural Health	Mount Kisco	NY	Sunday, April 28, 2019	Leonard Park, Mount Kisco, NY	Education about health benefits of parks & nature, Qigong, Guided forest bathing hike/walk (<1mile)
Hamilton Grange National Memorial	New York	NY	Sunday, April 28, 2019	Hamilton Grange National Memorial	Get healthy by getting outdoors and lending a helping hand at our volunteer cleanup and gardening activities around Hamilton Grange National Memorial.
Clinton Indian Health Center	Clinton	OK	Sunday, April 28, 2019	ACME Brick Park, Clinton, OK	Mile walk around path, light exercise & stretching, health screenings, park clean-up
Choctaw Nation of Oklahoma	Mcalster	OK	Saturday, April 27, 2019	Stipe Recreational Center	Pickle Ball, Basketball, Frisbee, Stickball, Corn Hole, Volleyball, Yoga, CrossFit , Tae Kwon Do, BP & Glucose screenings.

Valley Forge Rev Run	King of Prussia	PA	Sunday, April 28, 2019	Valley Forge NHP	14th annual Valley Forge Revolutionary 5 Mile Run, 3-mile walk and 1.776km Young Patriots Run Expo area after that is supported by local health companies, yoga studios, running stores and REI
Pittsburgh Parks Conservancy	Pittsburgh	PA	Promotion of National Park Rx day and Pittsburgh Parks Prescription at annual Earth Day Festival (April 27) and in April at participating clinics (5 in the Pittsburgh area)	Frick Park	Guided walks, hikes, yoga.
Steamtown National Historic Site	Scranton	PA	Sunday, April 28, 2019	Steamtown National Historic Site	Varied health care and outdoor organizations
ClearWater Conservancy	State College	PA	Sunday, April 28, 2019	Millbrook Marsh Nature Center	Fun activities for all ages
Justin P. Wilson Cumberland Trail State Park	Caryville	TN	5/4/2019 (the following Saturday - should attract a larger crowd & we have special community health guests which this was the closest date they could attend)	Justin P Wilson Cumberland Trail State Park - Head of Sequatchie location - 270 Glyph Parkway, Pikeville, TN 37367	Yoga, Shinrin-Yoku (forest therapy), Tai Chi, an all-day Kids Fun/Activity Zone, Guided Hikes (kick-off hike guided by a local health advocate in Knoxville, TN and a Ranger) Free vitals screenings by CT Park Rangers & medical facilities, Healthy Snacks/Food for the Trail by the Friends of the Cumberland Trail, and having local community health clinics/facilities to share information on accessible health and healthy living
NB Forest State Park	Eva	TN	Saturday, April 27, 2019	Nathan Bedford Forrest State Park	Guided kayak outing
Fort Pillow State Historic Park	Henning	TN	Sunday, April 28, 2019	Fort Pillow State Historic Park	Guided Hike
Roan Mountain State Park	Roan Mountain	TN	Sunday, April 28, 2019	Roan Mountain State Park	Hike
Wasatch Forest Therapy	Oren	UT	Sunday, April 28, 2019	Provo Canyon	A guided forest bathing walk
Nature Connection Guide	S. Burlington	VT	Sunday, April 28, 2019	Charlotte Wildlife Refuge	Forest Therapy Walks

Recreation Northwest	Bellingham	WA	Sunday, April 28, 2019	We are hosting 15 events in locations around our county (Zuanich Point Park, Stimpson Nature Reserve, Fairhaven Park, Lincoln Park, Hovander Park, Lake Padden, Whatcom Falls Park, Cordata Park, Bellingham Senior Activity Center, Peace Arch Historical State Park, Larrabee State Park)	Walk with a Doc– local providers that use this program in their practice, A Walk in the Park/Trail Walk– learn about future plans, history, flora and fauna, topography of the park and amenities, Bus Ride and Walk—all the beauty of a walk in the park plus a carefree ride on public transit, Park Ranger Walk– a Nature walk led by the resident Park Ranger, Forest Bathing– Learn about the healing Japanese practice of simply being in the forest with a focus on breathing, Disc Golf—explore the Lincoln Park course with Whatcom Disc Golf Club, Bocce Ball—Bellingham Senior Activity Center members will lead games on two courts at their facility lawn, Nutrition Therapy with Diabetes educator, Jennifer Berdinka of Peace Health, Sunset Tide Pool Walk with a Larrabee State Park Ranger, Community Family Picnic and Womxn’s Mountain Bike Ride led by Shifting Gears.
Metro Parks Tacoma	Tacoma	WA	Sunday, April 28, 2019	Point Defiance Park	Ranger-led Nature Walk Tree Walk Slug Celebration Walk Forest Mindfulness Art Activities
Active Southern West Virginia Inc	Beckley	WV	Saturday, April 27, 2019	New River Gorge National River (Glade Creek)	Guided hike