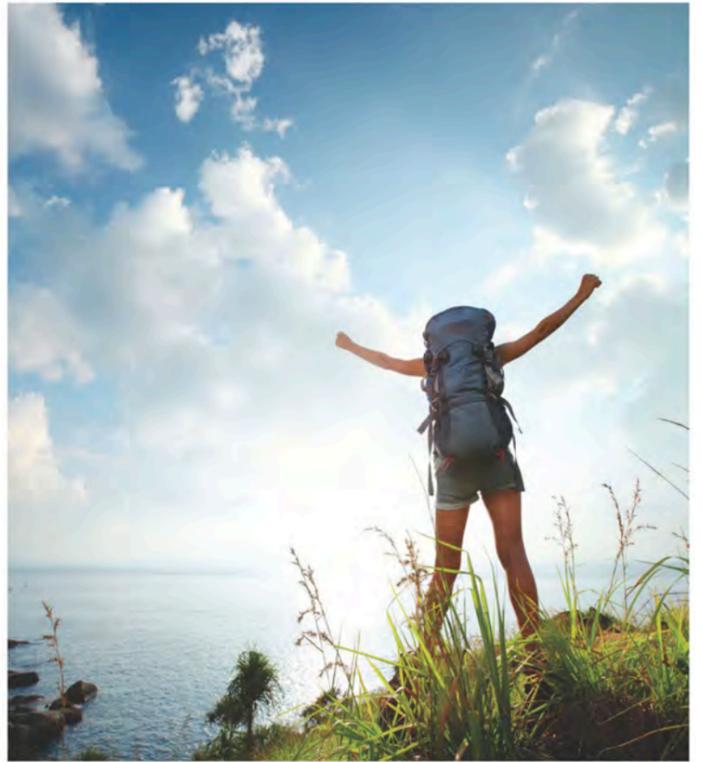




**Healthy Parks
HEALTHY PEOPLE**
Get Healthy This Summer
& Support Trails at Point Reyes



POINT REYES TRAILS FESTIVAL

NATIONAL TRAILS DAY SATURDAY JUNE 1 10 AM - 4 PM

POINT REYES NATIONAL SEASHORE, BEAR VALLEY PICNIC AREA

**Join Us For An Afternoon At The Park In Celebration Of
Healthy Parks, Healthy People: Bay Area**

- Discover Park Trails As Pathways To Better Health
- Volunteer on the Trail (starts at 9:30 am)
- Learn About Nutrition On The Trail, Stretching & More
- Visit Park Staff, Park Partners & Info Booths
- Register For The 2013 Point Reyes Trails Challenge
- Ride, Walk, Hike Or Run On A Park Trail
- Dance to the Sounds of The Easy Leaves Duo
- Picnic With Friends & Family
- Activities For Kids Of All Ages



Jennie Eubank, Educator
Ginny Erwin, Ms, RDN, CSSD, CPT and Molica Anderson DC

Learn more or RSVP to volunteer at: www.ptreyes.org trailschallenge@ptreyes.org