


Families Healthy Together

Activity Sessions Information - Spring



All events are open to the public. Feel free to bring along other families. Children must be accompanied by a parent/guardian.

Please note that you need to RSVP for any activity that you plan to attend by texting, calling or emailing Rachel. For weekday activities you may RSVP up to an hour beforehand. For Saturday or Sunday hikes, please RSVP by the Friday before.

All of the activities will be geared towards families and all ability levels. If young children (under 5) are joining you, they need to be able to keep up with an adult or be in a carrier. Some of our activities can accommodate all-terrain strollers and are marked as such with this icon: 

What to bring on a **weekday activity!**

- Boots or shoes that will keep your feet dry (it can be very muddy on the trails)
- Comfortable clothes appropriate for the temperature
- An extra layer in case it gets cooler
- Rain jacket
- Water bottle (with water!)
- Small backpack to carry your water and a snack
- Snack (optional but if you know your child will get hungry it is good to bring something to snack on)

FHT can loan you and your child(ren) any of the above equipment. Please contact Rachel if you would like to borrow anything

What to bring on a **weekend hike!**

- Boots that have good traction and will keep your feet dry (it can be very muddy on the trails)
- Comfortable clothes appropriate for the temperature
- **Extra layers (sweater, jacket, or fleece)**
- Rain jacket and rain pants
- Water bottle (with water!)
- Lunch (something healthy like a sandwich and fruit) – if indicated
- Snacks
- Small backpack
- Camera (optional)

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For more information on any of the activities visit our webpage familieshealthytogether.org/for-participants/ or contact Rachel at rfreierman@outdoors.org or by phone at 730-2780.

Activities will happen rain or shine, be sure to dress appropriately! In the event of severe weather and thunderstorms we may have to cancel. To find out if an event will be cancelled text or call Rachel at 730-2780 or look on our Facebook page at www.facebook.com/cooscountyhealthytogether