



Join the fun! Get Out and Explore.

Outdoors Rx is a free, fun, year-round program provided by the outdoor experts at the Appalachian Mountain Club. We'll help to get your family outdoors and active with cool gear and prizes. Our website is filled with ideas that make it easy for families to get outdoors locally., including a map and descriptions of nearby parks and green spaces, a blog filled with ideas for making the outdoors fun for kids and plenty of tips.

Why get your kids outside?

- Promotes a healthy weight
- Increases creativity and problem solving abilities
- Lowers stress and improves mood
- Increases their level of Vitamin D
- Helps to connect with friends
- Improves concentration
- It's FUN!

Hike With Us!!!

4:00 PM Saturday, September 23

4:00 PM Saturday, October 14

Meet at Hill Pavilion
(Community Center)
162 West Union St

