

DON'T HIBERNATE.

Care for your
mental &
physical health
-- stay active.



Places to physically and mentally recharge in Lorain County.

AMHERST

Beaver Creek Reservation, 913 N Lake St.



AVON LAKE

Miller Road Park, 33760 Lake Rd.

ELYRIA

Cascade Park, 387 Furnace St.

LAGRANGE

Carlisle Reservation, 12882 Diagonal Rd.

LORAIN

Day's Dam, 2720 East 31st St.



NORTH RIDGEVILLE

South Central Park, 7565 Avon Belden Rd.
Shady Drive Complex, 37077 Shady Dr.



PENFIELD

Penfield Recreational Park, 40756 State Route 18



WELLINGTON

Downtown Sidewalks, 115 Willard Memorial Sq.



Locations with a snowplow are committed to clearing their paths during snowy weather.



**Lorain County
Public Health**

For the Health of Us All

Find free fitness videos at

[united we sweat.org](https://unitedwesweat.org)