

Hit the Trails for Health! Tips for Taking Your Workout Outdoors

MARCH 9TH, 2023 @ 12:00 PM



Join us **Thursday, March 9th, 2023**, for an informative webinar presentation and discussion on **Hit the Trails for Health! Tips for Taking Your Workout Outdoors**. Walking in nature boosts your mood and overall wellness, while adding fun to your fitness routine. Join **Don Weise, the New York-New Jersey Trail Conference's Director of Donor Advising**, author, and leader of more than 600 hikes and trails, for tips on finding and safely preparing for great, local hikes. You'll also learn how to build strength, balance, agility, and stamina as you enjoy the trails! A moderated Q&A will follow.

Link for Hit the Trails for Health Webinar:

https://teams.microsoft.com/l/meetup-join/19%3ameeting_MTU3ZTAwYzUtNmE2Mi00YmFhLTlmMjktNDNiZTE2MzNiNTM0%40thread.v2/0?context=%7B%22Tid%22%3A%2295bedc6a-bf88-45a8-8131-afc1f7f8b9fe%22%2C%22Oid%22%3A%22ef31e47e-d0b1-4c6a-ba1d-bfbe1af4d6e0%22%2C%22IsBroadcastMeeting%22%3Atrue%2C%22role%22%3A%22a%22%7D&btype=a&role=a

*Not available to join a live session? Watch later! Broadcasts are recorded and available within 24 hours *Wellness topics & dates are selected based on health professional availability and are subject to change.*