



ISLAND WELLNESS WALK

Friday, September 15 Put-in-Bay

Ottawa County Safety Council members will walk a 5k on Put-in-Bay! Each member will be given 2 route options to walk (maps will be provided before boarding the Jet Express). We recommend that participating members download a mile tracker on their phone or bring their fit bit. After members have walked the 3.1 miles on the island, each member will report back to The Keys to show on their fit bit or app that they completed the 5k walk. Members will receive an extra meeting credit for participating.

Benefits

- ✓ Lower your blood pressure
- ✓ Strengthen the heart, bones and muscles
- ✓ Improve your balance and coordination
- ✓ See the sites of the island!

Schedule

- 8:45am: Group departs Port Clinton
- 9:15am: Group arrives at Put-in-Bay
- 9:15am-11:15am: 5k Walk
- 11:30am: Meet back at The Keys to receive meeting credit & enjoy appetizers
- 12:30pm or 2:00pm: Group departs PIB
- 1:00pm or 2:30pm: Group arrives in PC

Dress comfortably | Lite appetizers will be served at The Keys | NO COST

NOTE: If the day is a washout due to rain, the 5k walk is canceled.
We will let participating members know a day prior to the walk.

Please RSVP by Friday, September 8
to Jessica Kowalski: jkowalski@ocic.biz