

***Be Active***

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***Eat Smart***

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**Clermont County's  
Guide to**

**Places and Spaces  
for Activity and Nutrition**





***B* e active!** Did you know that 10 minutes of physical activity a day can improve your fitness? This means that even those of us with limited time and little energy can still improve our overall health through physical activity. Most of us know we are supposed to have at least 30 minutes of moderate to vigorous physical activity a day, but the important point is that you try to work in any amount of physical activity -even if it's only 10 minutes! Find tips and tricks for working physical activity into your day on pages 11 and 12.

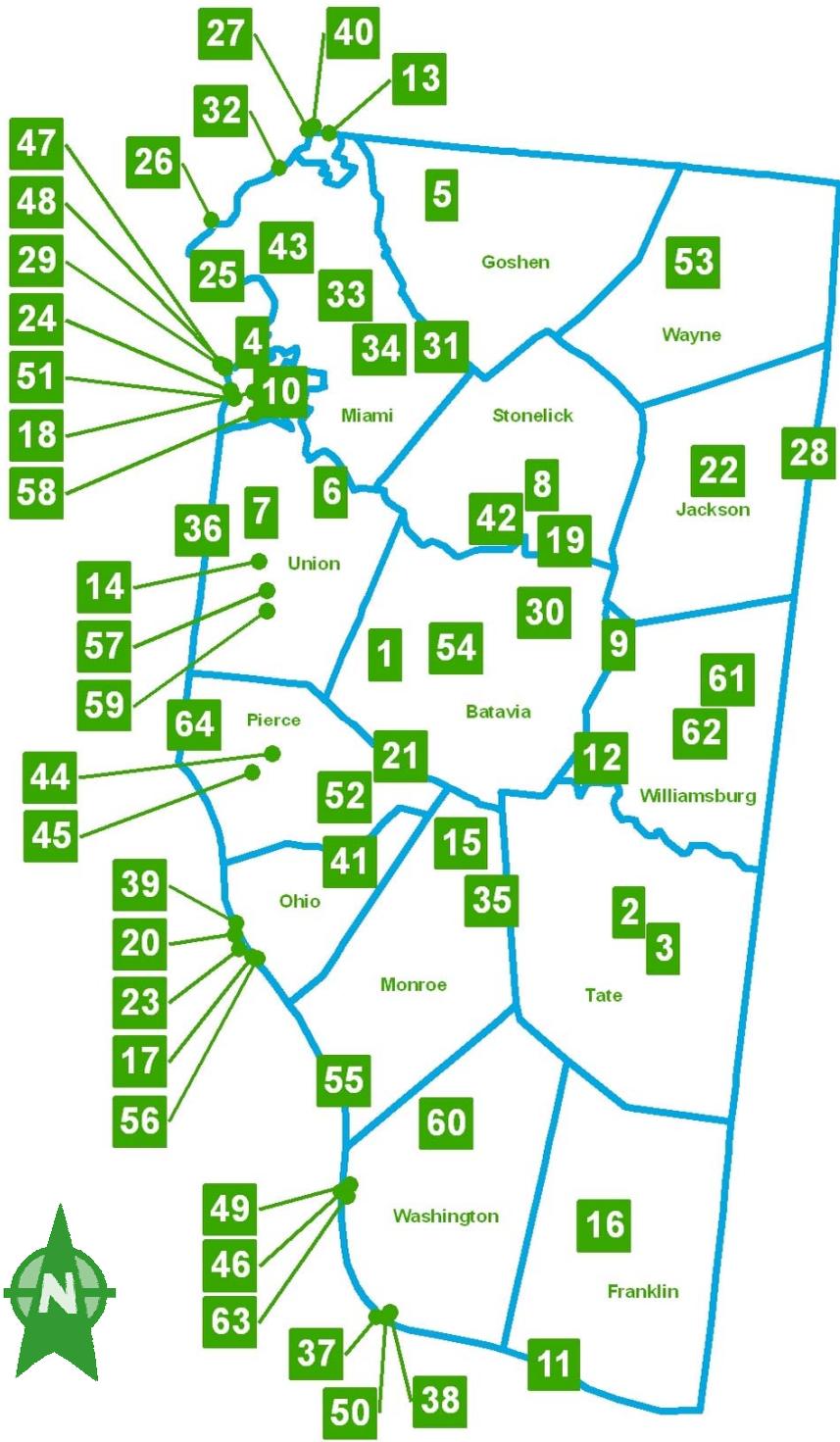
**Visit some new Places and Spaces.** You don't have to invest in exercise equipment or join the gym to exercise. Clermont County offers many places and spaces for fitness and fun. Walk the nature trails at Crooked Run Nature Preserve (#11) or play a round of frisbee golf at Williamsburg Community Park (#61). Cast a line in the fishing pond at Pattison Park (#42) and go for a walk when you run out of bait. Not exactly the outdoorsy type? Check out the line dancing classes at the Miami Township Civic Center (#33).



***E* at smart!** In addition to adding more physical activity to your daily routine, be sure to eat smart. Pack a balanced lunch with fresh fruits and whole grains. Don't have time to pack? Try ordering a salad and water with your meal in place of fries and soda.

**Know your serving sizes.** Familiarize yourself with the serving sizes on page 13. Remembering that a serving of cheese is the size of a matchbox or that a full serving of fruit is 1 cup will help you keep your portion sizes under control and balance your diet.

***It's worth it!*** By staying active and eating well, you can avoid many of the health risks associated with chronic diseases such as type II diabetes, high blood pressure, high cholesterol, asthma and arthritis.





**1 Batavia Township Community Park**

Description: 75 acre park with a 1 mile paved walking trail, nature trails, 3/4 acre fishing pond, picnic areas and playground. Located at 1535 Clough Pike, surrounding the Batavia Township Community Center in Batavia. [www.bataviatownship.org](http://www.bataviatownship.org)

**2 Bethel-Tate Community Walk/Bike Path**

Description: 1.25 mile walk and bike trail adjacent to Burke Park in Bethel. Located between State Route 232 & Burke Park on Bethel Elementary and Middle School property. [www.bethel-oh.gov](http://www.bethel-oh.gov)

**3 Burke Park**

Description: park offering playground, skateboard pad, picnic areas, and tennis courts. Located off SR 125 on South Ash Street in the Village of Bethel. [www.bethel-oh.gov](http://www.bethel-oh.gov)

**4 Carriage Way Park**

Description: 5.9 acre park with playground, walking trail and picnic areas. Located between Riverside Drive and High Street in Milford. [www.milfordohio.org](http://www.milfordohio.org)

**5 Cincinnati Nature Center - Long Branch Farm and Trails**

Description: 582 acre park with 4 miles of hiking trails. Membership is required. Located at 6926 Gaynor Road in Goshen. [www.cincynature.org](http://www.cincynature.org)

**6 Cincinnati Nature Center - Rowe Woods**

Description: 1,025 acre park with 18 miles of hiking trails. Membership is required. Located at 4949 Tealtown Road in Union Township. [www.cincynature.org](http://www.cincynature.org)

**7 Clepper Park**

Description: 50 acre park with basketball court, walking track, fishing pond, football field, soccer fields, baseball fields and playground. Located at 4722 Summerside Road in Union Township. [www.union-township.oh.us](http://www.union-township.oh.us)



**8** **Clermont County Fair Grounds**

Description: paved roadways open to the public for walking. Located at 1000 Locust Street in the Village of Owensville.  
[www.clermontcountyfair.org](http://www.clermontcountyfair.org)

**9** **Clermont County YMCA**

Description: fully equipped health and fitness center with exercise equipment, pools, gymnasium, running track, and fitness classes. Membership is required. The YMCA offers sliding scale fees and scholarships for low income families. Located at 2075 James E. Sauls Sr. Drive in Batavia. [www.myy.org](http://www.myy.org)

**10** **Clertoma Park**

Description: 1 acre park with playground, basketball court, picnic areas and walking trail. Located at Garfield Avenue and Powhatton Drive in the City of Milford. [www.milfordohio.org](http://www.milfordohio.org)

**11** **Crooked Run Nature Preserve/Chilo Lock #34 Park**

Description: 77 acre nature preserve with 1 mile of hiking trails along the Ohio River with a backwater estuary, meadow, and small pond. Preserve is accessed from Chilo Lock 34 Park. The park includes a 1.5 acre wetland, playground, boat ramp and scenic river walk. Located at 521 County Park Road off of US Route 52, east of Chilo.  
[www.parks.clermontcountyohio.gov](http://www.parks.clermontcountyohio.gov)

**12** **East Fork State Park**

Description: 10,000 acre park with a 2,600 acre lake offering boating, fishing, camping, hunting, swimming, hiking, backpacking and biking. North entrance (camping, boat ramps and horseback riding bridle trails) is on Old State Route 32 just east of Half Acre Road in Afton. South entrance (swimming, hiking, and biking) is on Bantam Road off State Route 125, 11 miles east of Interstate 275.  
[www.ohiodnr.com](http://www.ohiodnr.com)

**13** **East Loveland Nature Preserve**

Description: 16 acre park with hiking trails. Located in the 300 block of East Loveland Avenue in the Village of Loveland.  
[www.lovelandoh.com](http://www.lovelandoh.com)



**14 Eastgate Mall**

Description: walk indoors 8:30 a.m. to 10:00 a.m. Monday – Saturday and 10:30 a.m. to 12:00 p.m. on Sunday. Located at 4601 Eastgate Boulevard in Union Township. [www.shopeastgatemall.com](http://www.shopeastgatemall.com)

**15 Fair Oak Park**

Description: park with walking trail, picnic area, playground, and baseball field. Located on Fair Oak Road in Monroe Township. [www.monroetwp.org](http://www.monroetwp.org)

**16 Farmer Barger Memorial Walking Trail**

Description: park with walking trail and picnic areas. Located at 2003 Main St. in the Village of Felicity.

**17 Forest Park**

Description: park with basketball court and playground. Located at the corner of Hamilton Street and Augusta Street in the Village of New Richmond. [www.newrichmond.org](http://www.newrichmond.org)

**18 Garfield Park**

Description: 9.5 acre park with picnic areas. Located on Garfield Avenue in the City of Milford. [www.milfordoh.org](http://www.milfordoh.org)

**19 Gauche Park**

Description: park with playground, picnic areas and walking trail. Located at 410 South Broadway Street in the Village of Owensville.

**20 George McMurphy Park**

Description: park with playground and basketball court. Also known as the Plum Street Park. Located between Front Street and Willow Street in the Village of New Richmond. [www.newrichmond.org](http://www.newrichmond.org)

**21 Groh Park**

Description: 5 acre park with picnic shelter, basketball court, and walking trail. Located at 3390 Huntsman Trace in Amelia. [www.ameliavillage.com](http://www.ameliavillage.com)



**22 Hartman Log Cabin**

Description: 5 acre park with picnic areas and short walking trail. Located at 5272 Aber Road in Jackson Township. [www.parks.clermontcountyohio.gov](http://www.parks.clermontcountyohio.gov)

**23 Jessie Moonlight Hausserman Park**

Description: park overlooking the Ohio River with walking access to the river. Located at 201 Front Street in the Village of New Richmond. [www.newrichmond.org](http://www.newrichmond.org)

**24 Jim Terrell Park**

Description: 27.3 acre park with picnic areas, campsite and canoe access. Located at Longworth Street and Ferry Street in the City of Milford. [www.milfordohio.org](http://www.milfordohio.org)

**25 Kelley Nature Preserve**

Description: 42 acre nature preserve on the banks of the Little Miami River with 2 miles of walking trails and river views. Located at 297 State Route 126 in Miami Township. [www.parks.clermontcountyohio.gov](http://www.parks.clermontcountyohio.gov)

**26 Lake Isabella**

Description: 77 acre park with a 28 acre fishing lake, picnic areas and canoe access to the Little Miami River. Located at 10174 Loveland-Madeira Road in Loveland. [www.greatparks.org](http://www.greatparks.org)

**27 Little Miami State Park/Bike Trail**

Description: this state park is part of a larger scenic trail system commonly referred to as the Little Miami Bike Trail. 50 mile paved bike trail runs along the Little Miami Scenic River from Hedges Road just south of Xenia to Avoca Park in Hamilton County. Trail offers bicycling, hiking, jogging, rollerblading and horse-back riding. Parking and staging areas can be found in Xenia, Spring Valley, Corwin, Morrow, Loveland, and Milford. Five public river accesses offer parking and easy canoe, kayak, and fishing access to the river. Picnic areas are available in city parks in Morrow and Loveland. [www.miamivalleytrails.org](http://www.miamivalleytrails.org)



**28** **Marathon Community Park**

Description: park with walking and bike trail, playground, basketball court and picnic areas. Located at 5462 Marathon Edenton Road in Jackson Township's Marathon.

**29** **Memorial Park**

Description: 0.4 acre park with walking trail and picnic areas. Located between Main Street and Water Street on Victor Stier Drive in the City of Milford. [www.milfordoh.org](http://www.milfordoh.org)

**30** **Mercy Hospital Clermont**

Description: 0.7 mile walking route surrounding the hospital. Located at 3000 Hospital Drive in Batavia Township. [www.e-mercy.com](http://www.e-mercy.com)

**31** **Miami Meadows Park**

Description: park with basketball courts, skate park, dog park, baseball, soccer and football fields, playground, walking trails, and fishing pond. Located at 1546 State Route 131 in Miami Township. [www.miamitwp.org](http://www.miamitwp.org)

**32** **Miami Riverview Park**

Description: park with basketball and tennis courts, soccer and baseball fields, and playground. Located at 587 Branch Hill-Loveland Road in Miami Township. [www.miamitwp.org](http://www.miamitwp.org)

**33** **Miami Township Civic Center**

Description: community center offering several programs for children and adults such as Tae Kwon Do, tumbling and dance. Located at 6101 Meijer Drive in Miami Township. [www.miamitwp.org](http://www.miamitwp.org)

**34** **Miami Township Community Park**

Description: park with tennis courts, sand volleyball courts, walking trails and playground. Located at 5951 Buckwheat Road in Miami Township. [www.miamitwp.org](http://www.miamitwp.org)

**35** **Monroe Township Park**

Description: 10 acre park with walking trail and playground. Located off of State Route 222 in Monroe Township. [www.monroetwp.org](http://www.monroetwp.org)



**36 Mt. Carmel Park**

Description: 1.5 acre park with playground and picnic areas. Located on Ravenwood Court in Union Township's Mt. Carmel.

[www.union-township.oh.us](http://www.union-township.oh.us)

**37 Neville Boat Ramp**

Description: boat ramp to the Ohio River. Located on Morgan Street in the Village of Neville.

**38 Neville Community Park**

Description: park with playground, basketball court, picnic area and baseball field. Located at the corner of Forest Street and Coffee Street in the Village of Neville.

**39 New Richmond Skate Park**

Description: 1,000 square yards of paved skating area, wedge boxes, jump combo, quarter pipes, spine and grind rails. Located at the intersection of Race and Willow Street in New Richmond.

[www.newrichmond.org](http://www.newrichmond.org)

**40 Nisbet Park**

Description: park with picnic areas and access to the Loveland Bike Trail. Located at 233 Railroad Avenue in Loveland.

[www.lovelandoh.com](http://www.lovelandoh.com)

**41 Ohio Township Park**

Description: park with walking trail, playground and tennis courts. Located at 2880 Mt. Pisgah Road in Ohio Township.

**42 Pattison Park**

Description: park with gazebo, fishing pond, picnic areas, walking trails and playground. Located one mile west of Owensville at 2228 US Route 50 in Stonelick Township. [www.parks.clermontcountyohio.gov](http://www.parks.clermontcountyohio.gov)

**43 Paxton Ramsey Park**

Description: park with basketball courts, baseball and soccer fields, playground and walking trails. Located at 6265 Price Road in Miami Township. [www.miamitwp.org](http://www.miamitwp.org)



**44 Pierce Township Park**

Description: park with walking trails, playground, picnic areas, baseball and soccer fields and basketball and tennis courts. Located at 961 Locust Corner Road in Pierce Township.

[www.piercetownship.org](http://www.piercetownship.org)

**45 Pierce Township Park and Nature Trail**

Description: park with natural walking trails, wildlife viewing areas, and picnic areas. Located at 871 Locust Corner Road in Pierce Township. [www.piercetownship.org](http://www.piercetownship.org)

**46 Riverfront Park**

Description: park with a river view and walking trail . Also known as Memorial Park. Located at 222 Second Street in the Village of Moscow.

**47 Riverside I Park**

Description: 3.6 acre park with basketball court and walking trail. Located on Water Street in the City of Milford. [www.milfordohio.org](http://www.milfordohio.org)

**48 Riverside II Park**

Description: 4.3 acre park with baseball field, picnic areas, and walking trail. Located on Water Street in the City of Milford.

[www.milfordohio.org](http://www.milfordohio.org)

**49 Rivervalley Community Center**

Description: community center, also known as Moscow Community Center, with a gymnasium open to public at request, skate park, baseball field, soccer field and picnic areas. Located at 30 Wells Street in the Village of Moscow. Call (513)553-4200 information.

**50 River View Park**

Description: park with 0.25 mile walking trail and picnic areas. Located along US Route 52 between Coffee Street and Washington Street in the Village of Neville.



**51 SEM Villa Park**

Description: 4.7 acre park with baseball field, picnic areas, tennis court, hand ball court, and walking trail. Located on South Milford Road in the City of Milford. [www.milfordohio.org](http://www.milfordohio.org)

**52 Spencer Shank Memorial Park**

Description: 20 acre park with walking trails, frisbee golf course, and playground. Located at 70 Robin Way in Amelia. [www.ameliavillage.com](http://www.ameliavillage.com)

**53 Stonelick State Park**

Description: 1,250 acre park with a 200 acre lake offering boating, fishing, swimming, camping and over 7 miles of hiking trails. Located off State Route 727 at 2895 Lake Drive in Wayne Township. [www.ohiodnr.com](http://www.ohiodnr.com)

**54 Sycamore Park**

Description: 158 acre park with playgrounds, picnic areas, tennis courts, sand volleyball courts, climbing boulders, and over five miles of walking trails. Located at 4082 State Route 132 in Batavia Township. [www.parks.clermontcountyohio.gov](http://www.parks.clermontcountyohio.gov)

**55 U. S. Grant Memorial Park**

Description: park overlooking the Ohio River with picnic areas and walking access to the Ohio River. Located on US Route 52 in Monroe Township's Point Pleasant. [www.ohiodnr.com](http://www.ohiodnr.com)

**56 Union Square Park**

Description: 3.6 acre park with walking trail and playground. Located at 509 Caroline Street in the Village of New Richmond. [www.newrichmond.org](http://www.newrichmond.org)

**57 Union Township Civic Center**

Description: community center with gymnasium open to the public at request. Located at 4350 Aicholtz Road in Union Township. [www.union-township.oh.us](http://www.union-township.oh.us)



**58 Valley View**

Description: Nature preserve also known as “The Bottoms” with hiking trails. Located adjacent to Pattison Elementary School in the City of Milford. [www.milfordohio.org](http://www.milfordohio.org)

**59 Veterans Memorial Park**

Description: park with playground, fitness activity area, walking trail, basketball and tennis courts, soccer field, and sand volleyball. Located at the corner of Clough Pike and Glen Este-Withamsville Road in Union Township. [www.union-township.oh.us](http://www.union-township.oh.us)

**60 Washington Township Park**

Description: 186 acre park with playground, walking trail, fishing pond, soccer fields, picnic areas and basketball court. Located at 2238 State Route 756 in Washington Township.

**61 Williamsburg Community Park**

Description: 35 acre park with walking trail, picnic areas, playground, basketball court and frisbee golf course. Located at 150 East Main Street in the Village of Williamsburg. [www.williamsburgohio.org](http://www.williamsburgohio.org)

**62 Williamsburg-Batavia Hike/Bike Trail**

Description: partially shared roadway paved hike/bike trail begins at the Williamsburg Community Park to South Broadway to Cain Run Creek in East Fork State Park. Work continues to connect the trail to the Village of Batavia. [www.parks.clermontcountyohio.gov](http://www.parks.clermontcountyohio.gov)

**63 Willow Park**

Description: park with playground. Located on Broadway Street in the Village of Moscow.

**64 Woodland Mound Park**

Description: 1,004 acre park with a frisbee golf course, nature trails, picnic areas, playground, play fields and water park. Located at 8250 Old Kellogg Road in Anderson Township, just outside Pierce Township. [www.greatparks.org](http://www.greatparks.org)

## Be Active

**Be Active.** Physical activity is an important part of a healthy lifestyle. Just 10 minutes of physical activity a day can improve your overall fitness. Visiting some of these Places and Spaces is a sure way to help you work some additional physical activity into your day.

### How much physical activity do I need?

The ideal amount of physical activity for healthy individuals is 30 to 60 minutes 4 to 6 times a week. Remember that physical activity has so many health benefits that any amount is better than none. Start slow. Begin with a 10 minute period of light physical activity or a brisk walk every day and gradually increase how hard and how long you exercise.\*

### How do I get started?

Be creative. Sneak physical activity into your day.

- ◆ Take the stairs instead of the elevator
- ◆ Go for a walk during your coffee break or lunch
- ◆ Park in the back of the parking lot
- ◆ Do house work while listening to music with a fast tempo

### How many calories do I burn during certain physical activities?

The amount of calories burned doing a specific activity can vary from person to person.\*\* The chart below indicates how many calories are generally burned during 10 minutes of physical activity.

Activity (10 min.)	Calories Burned
<b>Walking</b> Medium pace, firm surface	<b>35</b>
<b>Dancing</b> Aerobic	<b>69</b>
<b>Fishing</b> General	<b>32</b>
<b>Bicycling</b> 10-12 mph, to work or for pleasure	<b>64</b>
<b>Yard Work</b> Weeding, cultivating, planting	<b>48</b>
<b>Jogging</b>	<b>106</b>

\*Check with your doctor before beginning a new exercise routine if you have any health concerns.  
\*\*This chart is based on 140lb individual. To find calories burned for your specific body type go to: [www.webmd.com](http://www.webmd.com)

## Be Active

### How do I stick with it?

Here are some tips that will help you start and stick with a physical activity program:

- ☑ **Choose something you like.** Make sure it suits you physically, too. For instance, swimming is easier for arthritic joints.
- ☑ **Get a partner.** Working out with a friend or relative can make it more fun. Pushing your child in a stroller can add to the calories burned and make your workout more challenging.
- ☑ **Choose a comfortable time of day.** Don't workout too soon after eating or when it's too hot or cold outside. Wait until later in the day if you're too stiff in the morning.
- ☑ **Don't get discouraged.** It can take weeks or months before you notice some of the changes from increased physical activity.
- ☑ **Forget "no pain, no gain."** While a little soreness is normal after you begin increasing physical activity, pain is not normal. Take a break if you hurt, are injured or cannot catch your breath.
- ☑ **Make it fun.** Listen to music or watch TV while riding a stationary bicycle. Find fun things to do, like taking a walk through the zoo or mall, hiking or playing frisbee golf. Go dancing. Learn how to play a sport you enjoy such as tennis.
- ☑ **Switch things up.** You may be less likely to get bored or injured if you change your workout routine. Walk one day. Bicycle the next day. Consider activities like dancing and racquet sports, and even chores like vacuuming or mowing the lawn.



**Make physical activity a habit.** Do your best to stick to a regular time every day. Try signing a contract committing yourself to exercise. Put workout appointments on your calendar so you don't forget. Finally, after your physical activity has been increased for a while, check your progress. Can you walk a certain distance faster now than when you began? Can you run when you started out only walking? Taking note of these milestones will help keep you motivated.

## Eat Smart

**Keep your engine running smoothly.** Calories are the fuel for your body. The more active you are, the more fuel you need to function. However, it is important to fuel your body with foods rich in the vitamins and minerals your body requires. In order to accomplish this, it is important to eat a well-balanced diet by choosing correctly sized portions from each of the food groups.

**Get acquainted with serving sizes.** Use these serving size and portion guides to keep your meals under control!

FRUITS	TYPE	SIZE
	Raw/Cooked	1 cup
	Juice 100%	1 cup
	Dried Fruit	1/2 cup
VEGETABLES	TYPE	SIZE
	Raw/Cooked	1 cup
	Juice 100%	1 cup
	Raw Leafy Greens	2 cups
GRAINS	TYPE	SIZE
	Bread	1 slice
	Cereal	1 cup
	Cooked cereal	1/2 cup
	Pasta	1/2 cup
	Rice	1/2 cup
MEAT & BEANS	TYPE	SIZE
	Poultry	1 oz
	Red Meat	1 oz
	Fish	1 oz
	Eggs	1 egg
	Peanut Butter	1 tbsp
	Dry Beans	1/4 cup
	Nuts/Seeds	1/2 oz

MILK	TYPE	SIZE
	Milk	1 cup
	Yogurt	1 cup
	Natural Cheese	1 <sup>1/2</sup> oz
	Processed Cheese	2 oz
OILS	TYPE	SIZE
	Canola	1 tsp
	Olive	1 tsp
	Vegetable	1 tsp
	Butter	1 tsp

**Size by Comparison**



**1 tsp butter**      **die**



**1 1/2 oz cheese**      **matchbox**



**3 oz meat**      **deck of cards**

## Eat Smart

**Figure out your daily calorie requirements.** The amount of calories your body requires varies for each individual. One factor that determines your required calories is how physically active you are. If you get less than 30 minutes of physical activity per day in addition to your routine daily activities, then you may require fewer calories. If you get more than 60 minutes of vigorous physical activity each day then you will likely require more calories.\*\*\*

**Plan your meals.** Thinking ahead and planning your daily meals will help you stay on track and maintain a healthy well-balanced diet. Use this daily portion guide to help you choose the correct daily servings from each food group. Refer to page 13 as a guide for serving sizes.

### Daily Servings from Each Food Group

Calorie Level	1800	2000	2200
Fruits	1.5	2	2
Vegetables	2.5	2.5	3
Grains	6	6	7
Meats & Beans	5	5.5	6
Milk	3	3	3
Oil	5	6	6
<b>Discretionary</b> Any remaining calories after fulfilling your calorie requirements from all food groups.	195 calories	267 calories	290 calories

\*\*\*These are estimates. To find your specific daily calorie requirements go to [www.MyPyramid.gov](http://www.MyPyramid.gov)  
Source: [www.MyPyramid.gov](http://www.MyPyramid.gov)

## Nutrition Programs in Clermont County

Sometimes obstacles stand in the way of maintaining proper nutrition. Whether that obstacle is the cost of food or a health condition that limits your diet there are resources available to help.

### **WIC (Women, Infant, and Children)**

WIC is a nutrition education and supplemental food program for Women, Infants, and Children. The program's mission is to improve the nutritional status of mothers, infants, and children during critical stages of growth and development. To participate in WIC, individuals must meet income guidelines. Many working families qualify to receive WIC benefits. WIC is not a welfare program. Appointments are coordinated to meet the needs of all family members. Participants visit the WIC office every 3 months to pick up coupons for free foods from local grocery stores and, during summer months, from local farmers' markets. [www.clermonthealthdistrict.org](http://www.clermonthealthdistrict.org)

### **Ohio State University Extension**

Ohio State University Extension classes help participants learn best practices in food shopping, food safety, and meal planning and preparation to maximize their food resources to prevent hunger and encourage health and physical activity. Programs are offered to individuals and families in community settings and the workplace. Among the programs offered are the Family Nutrition Program (FNP) and the Expanded Food and Nutrition Education Program (EFNEP); walking programs; Dining with Diabetes; and Jump into Food and Fitness, which is designed to help youth develop healthy eating and physical fitness habits. OSUE also offers Master Gardener and Junior Master Gardener classes that teach "garden to table" benefits. [www.clermont.osu.edu](http://www.clermont.osu.edu)

## Farmers' Markets

**Farmers' Markets** are located throughout the County. These seasonal stands are a great place to buy fresh, locally grown fruits, vegetables and herbs. Local vegetable crops usually include tomatoes, green beans and corn, among others. Common fruit crops, such as blueberries, strawberries and apples can also be found at farmers' markets. Buying produce from farmers' markets helps support local farmers and the entire agricultural community, as well as saving the energy and resources necessary to import produce from other areas. To get more information about farmers' markets visit the Clermont County General Health District's website at [www.clermonthealthdistrict.org](http://www.clermonthealthdistrict.org).



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**[www.clermonthhealthdistrict.org](http://www.clermonthhealthdistrict.org)**

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**For more information on the Office of Healthy Ohio  
Visit their website at [www.healthyohioprogram.org](http://www.healthyohioprogram.org)**