

# walk WITH a DOC

Take a **STEP** toward  
better **HEALTH**



Find out where we'll be in your state!

**WALK**witha**DOC.org**



*Take a step to a healthier you!*

## Walking can:

- Lower low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lower your blood pressure
- Manage your weight
- Improve your mood
- Stay strong and fit

Walking also strengthens your heart, feeds your brain and strengthens your bones.

**Take a Walk with a Doc and learn more about nature play!**

**When:** April 22, 2017

**Time:** 10:00 am

**Where:** Hills and Dales Metropark Patterson shelter

\*See map on back for more details

For Questions contact Abbey Rymarczyk at:

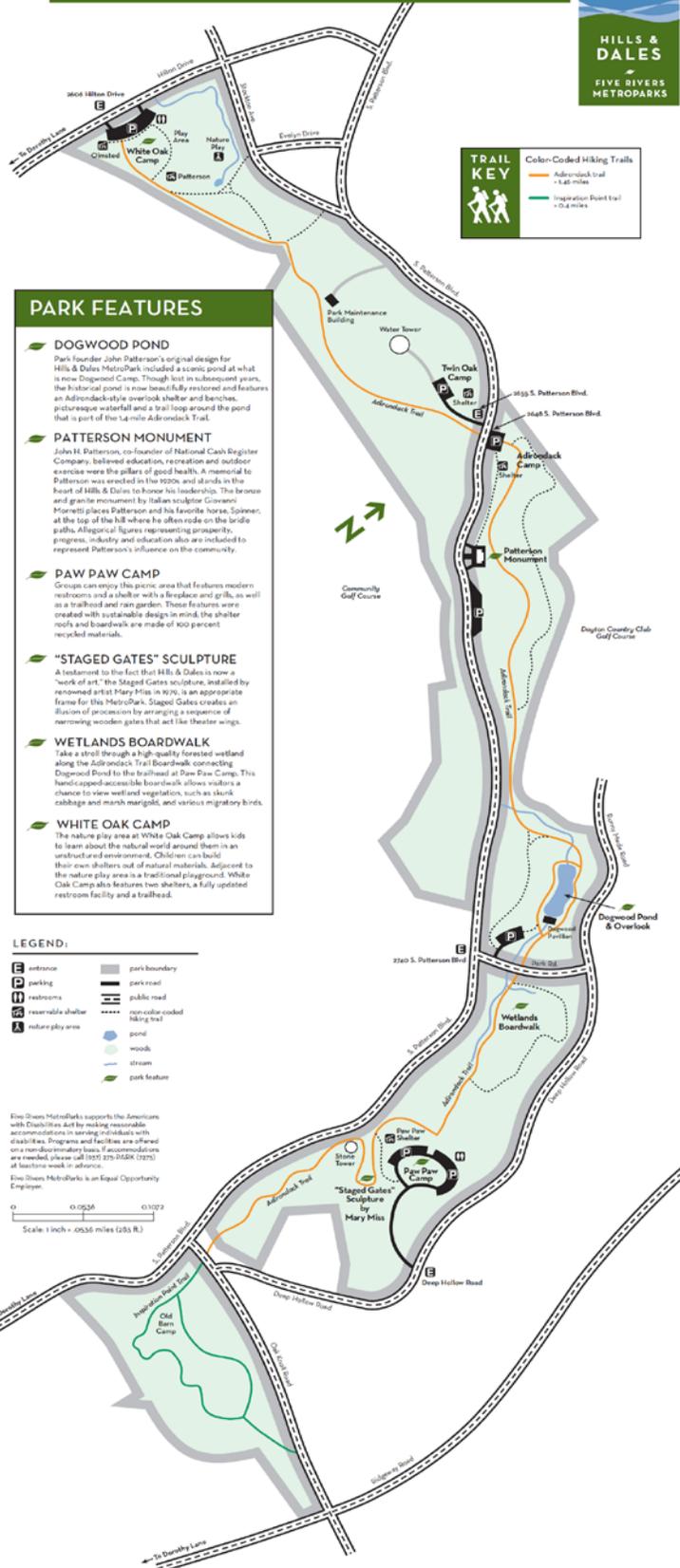
**937-641-5853**



*Our mission* is to encourage healthy physical activity in people of all ages, and reverse the consequences of a sedentary lifestyle in order to improve the health and well-being of the country.

Walk with a Doc was created by Dr. David Sabgir, a board-certified cardiologist who practices with Mount Carmel Clinical Cardiovascular Specialists — at Mount Carmel St. Anns Columbus, Ohio

# HILLS & DALES METROPARK



**TRAIL KEY**

Color-Coded Hiking Trails

- Adirondack trail 1.44 miles
- Inspiration Boardwalk 0.4 miles

## PARK FEATURES

- DOGWOOD POND**  
Park founder John Patterson's original design for Hills & Dales Metropark included a scenic pond at what is now Dogwood Camp. Though lost in subsequent years, the historical pond is now beautifully restored and features an Adirondack-style overlook shelter and benches, picturesque waterfall and a trail loop around the pond that is part of the 1.4-mile Adirondack Trail.
- PATTERSON MONUMENT**  
John H. Patterson, co-founder of National Cash Register Company, believed education, recreation and outdoor exercise were the pillars of good health. A memorial to Patterson was erected in the 1920s and stands in the heart of Hills & Dales to honor his leadership. The bronze and granite monument by Italian sculptor Giovanni Moretti places Patterson and his favorite horse, Spinner, at the top of the hill where he often rode on the bridle paths. Allegorical figures representing prosperity, progress, industry and education also are included to represent Patterson's influence on the community.
- PAW PAW CAMP**  
Groups can enjoy this picnic area that features modern restrooms and a shelter with a fireplace and grill, as well as a trailhead and rain garden. These features were created with sustainable design in mind; the shelter roof and boardwalk are made of 100 percent recycled materials.
- "STAGED GATES" SCULPTURE**  
A testament to the fact that Hills & Dales is now a "work of art," the Staged Gates sculpture, installed by renowned artist Mary Miss in 1976, is an appropriate frame for this Metropark. Staged Gates creates an illusion of procession by arranging a sequence of narrowing wooden gates that set like theater wings.
- WETLANDS BOARDWALK**  
Take a stroll through a high-quality forested wetland along the Adirondack Trail Boardwalk connecting Dogwood Pond to the trailhead at Paw Paw Camp. This handicapped-accessible boardwalk allows visitors a chance to view wetland vegetation, such as skunk cabbage and marsh marigold, and various migratory birds.
- WHITE OAK CAMP**  
The nature play area at White Oak Camp allows kids to learn about the natural world around them in an unstructured environment. Children can build their own shelters out of natural materials. Adjacent to the nature play area is a traditional playground. White Oak Camp also features two shelters, a fully updated restroom facility and a trailhead.

**LEGEND:**

- entrance
- parking
- restrooms
- reusable shelter
- nature play area
- park boundary
- park road
- public road
- non-color-coded hiking trail
- pond
- woods
- stream
- park feature

Five Rivers Metroparks supports the Americans with Disabilities Act by making reasonable accommodations in serving individuals with disabilities. Programs and facilities are offered on a non-discriminatory basis. If accommodations are needed, please call (937) 275-0488 (2275) at least one week in advance.

Five Rivers Metroparks is an Equal Opportunity Employer.

Scale: 1 inch = 0.936 miles (1.513 R.)