



Community

Feature

Parks, Recreation and Open Space

FOR IMMEDIATE RELEASE

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WakeGOV.com/news

GET 'ON THE TRAIL TO HEALTH' WITH AMERICAN TOBACCO TRAIL

Wake County invites the public to a free event celebrating the 10th Anniversary of the [American Tobacco Trail](#) by promoting healthy lifestyles, physical fitness and local foods. "On the Trail to Health" will take place along the **American Tobacco Trail, Saturday, June 15, 2013, 1 to 4 p.m.** Participants should meet at **White Oak Parking Area, 1305 White Oak Church Road, Apex.**

County Park staff and exhibitors will lead participants in a number of activities including:

- A scavenger hunt for kids,
- bike decorating and parade,
- hula hooping,
- yoga,
- golf and other games.

Local organizations and businesses will be on hand to offer additional activities and information including the N.C. Horse Council, i9 Sports, Western Wake Farmers' Market, Karen Tiede Hooping, One Heart Yoga, TGA of West Wake County, 2Cups Green Tea Hawaii, GetGoingNC and ParkGeek. The Local Yogurt food truck will also be on site with frozen yogurt for sale.

The event takes place rain or shine. For information, visit wakegov.com/parks/att/events or call 919-387-2117.

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