

Rock Creek Park

National Park Service
U.S Department of the Interior



Join the National Park Service for healthy, outdoor
fun on

National Park RX Day

Saturday, April 28th

12-4 p.m.

Fort Circle Parks

South Dakota Ave. NE and Galloway St. NE
(5 minute walk from Fort Totten metro)

- Sign up for one of our hikes, runs, or bike rides
- Learn about urban gardening for healthy fruits and vegetables
- Build skills in bike repair and safe urban bicycling
- Talk with a health care provider about health concerns and learn about health
- Find the outdoor recreation activity that is right for you



FIND YOUR
PARK

For more information visit:
<https://go.usa.gov/xQ3SP>