



The Pocatello Parks & Recreation Department, Portneuf Health Trust and Portneuf Medical Center invite the community to Play Often & Live Better this Fall & Winter.

Name: Pocatello Community **Date:** 2017/2018

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- Visit & explore Pocatello Parks and the Portneuf Wellness Complex, have a picnic, a game of catch or enjoy some fishing while you're there.
- Walk or bike the Greenway Trails, and ask family & friends if they'd like to join you as well!
- Take your children, grandchildren, nieces & nephews to play and visit at Brooklyn's Playground, or any of the City's other fun-filled playgrounds.
- Get in a great workout or swim, and then kick back and relax in the steam room at the Community Recreation Center.
- How about a Wild Winter Weekend at the City of Pocatello's "Zoo Idaho", have a walk around and meet all of our native animal friends.
- Take your dog to play at the City's Old Town Bark Park, or the new Katie's Dog Park (adjacent to the Pocatello Animal Shelter).
- Try cross-country skiing, snowshoeing or hiking at the beautifully scenic & groomed Mink Creek Nordic Center trails, it's GREAT exercise!!!!
- Up for adventure or challenge?... Try riding the Mountain Biking Trails at City Creek, or participating in some indoor Rock Climbing at the Community Recreation Center.
- Play a late season round of Golf at the Highland and Riverside Courses, or a round of Disc Golf at the City's Upper Ross Park and Sister City Park Courses.
- Challenge a friend to a game of indoor Pickleball at the Community Recreation Center, or outdoors at the Raymond Park Courts.

***The cool weather months of Fall & Winter are a GREAT TIME to bundle up, get active and Play Often, Live Better! Side effects may include improved health & wellness!!**

MD: Dr. Portneuf