

Health Happenings

IN CORTLAND COUNTY

Local health- and fitness-related events and activities for people of all ages!

April 4-5, Business Showcase

Friday, 5:30pm—8:30pm and Saturday, 10:00am to 3:00pm at the J.M. McDonald Sports Complex. Visit booths from local businesses, nonprofits, and other organizations throughout the community to learn more about all Cortland has to offer. For more information call 607-756-2814.

April 12, Kidsville

Saturday, 10am—1pm at Cortland County Office Building Gym, 60 Central Ave. Celebrate the Week of the Young Child at Kidsville with the theme: Adventures in Art! Kidsville is the place where Cortland County comes together with hands-on fun and information for young children and their families. This free children's fair is sponsored by the Child Development Council. Call 607-753-0106 for more information.

April 19, Guided Nature Hike—Vernal Voices

Saturday, 9:00am at Lime Hollow Nature Center, 338 McLean Rd. April is vernal pool time. During April's hike we'll creep to the edge of vernal pools and eavesdrop on recently awakened amphibians. Plus we'll explore the Hollow for other early spring life. For more information call 607-662-4632.

April 26, Medication Disposal

Saturday, 9am – 1pm at the Cortlandville Fire Dept. AND 9am – Noon at Cincinnatus Fire Dept. Dispose of unwanted prescription and over-the-counter medications at a secure disposal site. Questions? call 607-756-8970 or email admin@cortlandprevention.org.

April 27, Earth Day Clean-Up

Sunday, 1pm to 4pm at Lime Hollow Nature Center, 338 McLean Rd. Celebrate Earth Day by participating in our trail clean-up. For more information call 607-662-4632.

April 27, Cortland Blooms

Sunday, 11am to 2pm, Gym at the Cortland County Office Building, 60 Central Ave. Other venues include the Cortland Corset Building and Red Brick Church on the corner of Central Ave and Church St. Details are still in the works. Check Cortland Bloom's Facebook page for more information.

May 3rd, 9th Annual Bike Rodeo

Saturday, 12pm to 2pm at Cortland County Office Building. Registration is April 27th through May 3rd at the YWCA. Contact the front desk to register, 607-753-9651.

Making Cortland County
A Healthy Place to Live, Work & Play
visit HealthynowCortland.org
and "like" us on Facebook!
www.healthynowcortland.org



Looking for an easy way to get your thirty a day?
Spring into action: an active commute for a healthier you.

We want to know how you're making your commute more active. Visit healthynowcortland.org to join the facebook event and share your photos and stories. We'll feature tips on how you can #GetYour30 minutes of exercise per day on your way to work.



An initiative of Seven Valleys Health Coalition and the Cortland County Health Department