



TIMUCUAN
PARKS FOUNDATION

HEALTHY LIVING SERIES - FALL 2022

Learn about the physical and mental benefits of recreating outdoors – this popular series gets you outside to explore new parks and preserves, meet new people, and enjoy low-impact exercise.

Healthy Living: Kayaking in the Timucuan Preserve

- Fort George River
- October 12 from 9 AM to 12 PM

Join Timucuan Parks Foundation for a kayak adventure in the Timucuan Preserve. Professional outfitter Kayak Amelia will give a short tutorial and go over safety for the day. We will paddle the kayaks on the Fort George River from the Alimacani boat ramp up to Kingsley Plantation (about 2-2.5 miles) where we will take a break, eat giant homemade chocolate chip cookies, take a short walk around the Plantation grounds, and paddle back. We will be looking for dolphins and birds and other wildlife along the way. (No paddling experience necessary.)



Photo: TPF

Healthy Living: Art in the Park

- Betz-Tiger Point Preserve
- November 9 from 9 AM to 12 PM

Research shows both positive mental and spiritual effects when people have access to nature. The therapeutic potential of natural parks relies on its complexity, mystery, and power – all elements that foster restorative effects in people. Relax. Observe. Breathe. And capture that feeling as we take a two-mile walk through this 7 Creeks Recreation Area wilderness preserve and then try our hand at “plein air” (open air) painting or drawing.



Photo: TPF

Healthy Living: Nature Photography

- Big Talbot Island State Park, A1A North
- December 14 from 6 to 9 AM (Note the early hour. The most beautiful shots come at sunrise.)

Discover the mysterious Big Talbot Island shoreline through the lens of award-winning photographer Will Dickey as he shares tips and techniques for capturing nature that could help level up your photo-taking skills. Even if you are a novice, come for the 1.5-mile walk and see the sunrise at this spectacular oceanside preserve, often labeled “Boneyard Beach” for its unique landscape. We’ll bring donuts!



Photo: Will Dickey



Free but registration required. Space is limited. Register online at timucuanparks.org/healthy-living

Contact: fboyd@timucuanparks.org or 904-463-1799