



Worcester County

HEALTH DEPARTMENT

P.O. Box 249 • Snow Hill, Maryland 21863-0249
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Health Officer

For Immediate Release
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Worcester County Health Department hosts fall scavenger hunt and walk event in Worcester County parks

Snow Hill, MD – The Worcester County Health Department is excited to invite you to Move Your Way and join us for a self-directed Just Walk fall scavenger hunt on November 14-15, 2020. Residents can get in their steps from 8am-8pm at one for the following park locations:

- Byrd Park-Snow Hill, Maryland
- Cypress Park-Pocomoke, Maryland
- Stephen Decatur Park-Berlin, Maryland

We encourage residents to walk through the park and look for *Just Walk* wellness rocks. Those who report the number of wellness rocks found along with a photo will be entered into a free raffle drawing for a chance to win a free prize. Submissions should be emailed to crystal.bell1@maryland.gov. This is a great event for anyone and a way to increase physical activity by walking and participating in a scavenger hunt.

“Walking continues to be one of the easiest forms of physical activity and it’s free to everyone. There are many reasons to walk. There are also various health benefits that can be gained from simply just walking,” said Crystal Bell, Chronic Disease and Tobacco Supervisor.

C4CS 410-742-3460 • **Core Service Agency** 410-632-3366 • **Isle of Wight Environmental Health** 410-352-3234 / 410-641-9559
Pocomoke 410-957-2005 • **Berlin** 410-629-0164 • **Dental Center** 410-641-0240 • **Prevention** 410-632-0056
WACS Center 410-213-0202 • **TTY-Maryland Relay Service** 1-800-735-2258



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Thank you to the town of Snow Hill, Pocomoke, and Worcester County Recreation and Parks for their continued support and their efforts to keep our parks beautiful and accessible.

Social Distancing and CDC safety guidelines should be followed by all participants.

Register at: <https://www.eventbrite.com/e/fall-just-walk-scavenger-hunt-tickets-127743882391>
or visit our website worcesterhealth.org. For more information please call 410-632-1100, Ext. 1108.

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