

HEALTHNUTS – HEALTHY FAMILIES; HEALTHY LIVING



Fridays at Rentschler Forest Preserve - Our children today may be the first generation of children that may not have a life expectancy longer than their parents or grandparents. Not because of environmental factors, but because of our lifestyles! MetroParks of Butler County is teaming up with the Butler County Healthy Living Coalition to provide and encourage healthier lifestyles. Five Friday sessions will be dedicated to the healthy family resources located right here in our county. Programs will be at 10:00 a.m. in the Cummins Shelter.

Friday, July 10 – “Birds of Prey”

Friday, July 17 – Sherri Nuttall and her reptiles are back!

Friday, July 24 – “History on the Rocks and Eat a Glacier” (compare fossils and bones)

Friday, July 31 – no program... see you at the Butler County Fair!

Friday, August 7 – “Mammals and Healthy Eating”

Friday, August 14 – “Mud Mania!” - HealthNut Families ONLY at 10:00 a.m. and general public from 11:00 a.m. to 3:00 p.m. Celebrate the end of summer with our annual mud obstacle course. Be prepared to get MUDDY! The Butler County soil trailer will also be on site to walk through and see what lives below the ground.