



**LifeLong Outdoor Pursuits**  
*A Program of the Tallahassee Senior Center*



# Outdoor Clinic

## At the Beautiful Ochlockonee State Park

429 State Park Road off Hwy 319 South, Sopchoppy, FL

*Are you 50+ years old? Do you enjoy the outdoors?  
Join us for a **fun and relaxing** day on the banks of the Ochlockonee River.*



**Monday, March 25, 2019**

**9:30 a.m. – 6:00 p.m.**

**\$30 Per Person. Limit 20 people.**



**Includes park admission, snacks, lunch, dinner and s'mores.**

Optional transportation available from the  
Tallahassee Senior Center (limited availability).

Van leaves TSC at 8:30 a.m. and returns at 7:00 p.m.

**Registration Required! (850) 891-4065**

**Susan.Davis@talgov.com**

- Ranger led hike on Pine Trail with Plant Identification
- Leave No Trace Presentation: 7 Principles of the Outdoors
- Learn Basic Outdoor Skills including Campfire Building, Knot Tying and Wilderness First Aid
  - Outdoor Cooking Demonstrations
  - Includes Lunch, Dinner and Snacks

Bring a portable chair, water bottle,  
sunscreen, bug spray, sunglasses and hat.



**LEON COUNTY  
GOVERNMENT**

