

Looking for somewhere to be physically active?

Have we got the place for you!

Within the Nash County/Rocky Mount area you can enjoy a GREAT walk on **TRAILS** at:

- **City Lake in Rocky Mount**
- **Edwards Middle School trail**
- **Glover Park in Nashville**
- **Mill Branch Walking Park, Sharpsburg**
- **Peachtree Baptist Church, Spring Hope**
- **Red Oak park**
- **Spring Hope Town Park**
- **Stith-Talbert Park behind OIC**
- **Swift Creek Elementary School trail**
- **Whitakers Town Park**
- And along the **Greenway in Rocky Mount**, which stretches from the MLK park in Edgecombe County all the way across the Tar River at Peachtree Street to Sunset Park in Nash County.



All of these offer GREAT opportunities to breathe fresh air, enjoy sunshine, visit with friends, all while taking an invigorating walk or jog! In the spring of 2004, Nash County Health Department teamed with Nash-Rocky Mount Schools to design and place 1/4 mile walking trails behind Edwards Middle and Swift Creek schools. Students and staff at these schools have enjoyed their trails and they want to invite you to use them too! Improve your heart health and reduce your risk for diabetes, high blood pressure, and many other health problems—take a walk!

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Nashville, NC
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