<table>
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<tbody>
<tr>
<td>Visit a river or pond</td>
<td>Use a trail in Bath</td>
<td>Take a walk in your neighborhood</td>
<td>Use a trail in Georgetown</td>
<td>Use a trail in Harpswell</td>
</tr>
<tr>
<td>Use a trail in Brunswick</td>
<td>Try a mountain bike trail</td>
<td>Find 3 shells on a beach</td>
<td>Bike or roll on the Androscoggin Bike Path</td>
<td>Use a Land Trust trail</td>
</tr>
<tr>
<td>Ride your bike on a trail in Topsham</td>
<td>Take your dog (or a friend!) for a walk on a trail</td>
<td>Make up a healthy activity</td>
<td>Hike to the top of a mountain</td>
<td>Play in the ocean</td>
</tr>
<tr>
<td>Take a walk on a beach</td>
<td>Ride your bike on a trail in Bath</td>
<td>Use a trail in Phippsburg</td>
<td>Go for a canoe/kayak ride</td>
<td>While out, spot three different birds</td>
</tr>
<tr>
<td>Use a new Land Trust trail</td>
<td>Visit a new-to-you trail, beach, or park</td>
<td>Play a lawn game</td>
<td>Take a walk in the woods</td>
<td>Use a trail in Topsham</td>
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</tbody>
</table>
Welcome to the Southern Midcoast
Get Active Summer Challenge 2020
Visit www.GetActiveSouthernMidcoast.org for local ideas!

HOW TO PLAY
Fill a row or the entire card, substitute an activity if needed. When you complete an activity X it off and write the date.

Once complete mail to:
Access Health
66 Baribeau Dr, Suite 7
Brunswick, ME 04011

You’ll be entered in our monthly raffle, through September 30, 2020.
Your name and address: ___________________________________________
_________________________________________________________________

SAFETY TIPS

• Do not visit if you are sick or have been exposed to COVID-19
• Stay at least 6 feet away from other people at all times; have a face covering if needed
• Avoid busy parks & trails - have a plan B
• Wash your hands when you can, bring hand sanitizer, cover your cough
• Be prepared for limited access to restrooms
• Share the trail, warn others as you pass

HIKING: (Ticks, Heat, Thunder) www.nps.gov/subjects/trails/hiking-safety.htm

BIKING: (General & COVID-19) www.bikemaine.org

FISHING & BOATING: www.maine.gov/ifw/fishing-boating

PARTNERS
• Access Health
• Bath YMCA
• Brunswick-Topsham Land Trust
• Cathance River Education Alliance
• City of Bath
• Harpswell Heritage Land Trust
• Kennebec Estuary Land Trust
• Mid Coast Hospital
• Phippsburg Land Trust
• People Plus
• Spectrum Generations
• Town of Brunswick
• Town of Harpswell
• Town of Topsham