

Health & Wellness Program

At Raystown Lake

April 2015

Are you ready for the challenge?

The employees of Raystown Lake are inviting the public to participate in a wellness challenge during the month of April, in celebration of National Walking Day. With the recent construction of the Greenside Pathway, Raystown Lake has become an ideal place for visitors to engage in low-impact physical activity. Throughout the month of April, Raystown Lake is partnering with JC Blair, Huntingdon County Health & Wellness Center, Huntingdon County Visitor's Bureau, Juniata College & Rothrock Outfitters to promote this wellness challenge to the community.

Schedule of events:

April 4th 10:00-11:00 Open House - JC Blair

April 8th 3:00-3:45 - Nutrition - JC Blair

April 15th 3:00-3:45 Yoga - Linda Reilly, Lila Yoga Instructor

April 22nd 3:00-3:45 Massage Therapy -Huntingdon Co. Health & Wellness

April 29th 3:00-3:45 Mtn. Biking -Rothrock Outfitters



For more information contact
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