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Parks & Recreation
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PRESS RELEASE

For immediate release through September 29.

Parks and Recreation hosts “Too Much Fun Tuesdays” in area parks

Join Missoula Parks and Recreation on Tuesdays this fall for unique recreation programs in neighborhood parks. Offerings include yoga for ages 12 and up, disc golf for all ages and nature walks for active adults.

Yoga in the Parks meets Tuesday evenings from 6 to 7 p.m. through September 29. This free program focuses on yoga basics and is for all abilities, ages 12 and up. The September 1 session meets at McLeod Park and the September 8 session meets at Westside Park. No pre-registration is necessary. Learn more at <http://www.ci.missoula.mt.us/224/Adult-Senior>.

Folf in the Parks is a fun family outing for all ages and abilities on Tuesday evenings from 5 to 7 p.m. through October 13. The September 1 session meets at the Broadway Island; participants should meet at Silver Park to walk to the site. On September 8, the program meets at McCormick Park. No pre-registration is necessary. The program is free, but donations to the Folf in the Parks fund are gratefully accepted. Learn more at <http://www.ci.missoula.mt.us/1703/Folf-Ultimate>.

Fall Coffee Walks for active adults meet Tuesdays at Currents from 9 a.m. to 12 p.m., September 8 through October 27. After a 2-hour walk on local trails, the group will visit a local coffee shop for warm drinks and socializing. Parks and Recreation provides transportation to and from a new trailhead each week. The September 8 coffee walk will be at the Rattlesnake Powerline trail and the September 15 walk is on the Kim Williams trail. The fee is \$5 per session, please call 721-PARK or stop by Currents Aquatics Center to register. Learn more at <http://www.ci.missoula.mt.us/1700/Missoula-Movers>.

For more information about these programs, visit www.missoulaparks.org or phone 721-PARK.

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