

Volunteer Sign Up Sheet - More to Explore 2016

We need volunteers from the Healthy Eating & Active Living (HEAL) action team to:

1. Visit a listed site (or sites)
2. Check to make sure the post is there and in good condition
3. Confirm that the physical location listed here is correct
4. Talk to someone at the location (if possible) to ensure they know you are with the HEAL team, removing the code to return to our partners at Rec & Parks and that the post can stay up year round (unless damaged - notify Rec & Parks if there is an issue)
5. Remove the online code from the post (you'll need a screwdriver)
6. Return the online code to Christi Bishop at the next HEAL meeting (or by Mail - Attn: Christina Bishop, St. Mary's County Recreation & Parks, P.O. Box 653, Leonardtown, MD 20650)

Please email jenna.mulliken@maryland.gov to have your name added to a location. The final list will be e-mailed back out to the HEAL Team. Thank you!

Location	Online Code	Physical Location	Volunteer Name
Cardinal Gibbons	Nutrition	At Playground	
Chancellors Run	Intervals	At Playground	
Dorsey Park	Strength	Small Pavilion/Playground	
Elms Beach	Repetition	At Playground	
5th District	Aerobics	Main entrance	
Great Mills Canoe Launch	Glucose	Entrance sign	
Greenwell	Body Mass Index	By the office	
Home Grown Farmers Market	Training		
Historic St. Mary's City	Metabolic	In the gift shop	
Lancaster	Flexion	Memorial area by sign	
Baggett	Lifestyle	Behind pavilion on sign	
Miedzinski	Sets	Entrance sign by playground	
Myrtle Point	Kinesiology	Picnic area	
Nicolet Park	Cardiovascular	At Playground	
Piney Point	Warm Up	Ship display	
Point Lookout	Flexibility	Next to the Nature Center (inside the campground – will need a code to get in)	
7th District Park	Mobility	Main entrance sign	
Sotterley	Endurance	It is behind the Visitor's Center, by the playground.	

St. Clements Island Museum	Plateau	Boat Display	
Libraries	Heart Rate		Lexington Park: Charlotte Hall: Leonardtown:
St Mary's River State Park	Conditioning	By the bathrooms	
Town of Leonardtown	Stretching	Next to sign for Tudor Hall	