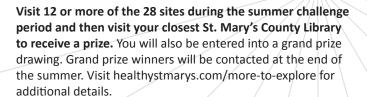


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Welcome to the More To Explore Passport **Program** brought to you by The Chronic Disease Action Team of the Healthy St. Mary's Partnership.

Discover what is just outside the door or around the corner while walking your way to wellness! The More To Explore Passport Program encourages all in St. Mary's County to get outside and enjoy an amazing combination of parks, historic sites, farmers' markets and more. What are you waiting for, get outside and explore!



Don't forget to share your adventure on the More to Explore Facebook page!

There is so much more just outside your door!

Site Amenities Symbols











swimming





fresh produce







picnicking

shopping

More to Explore Sites

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Complete Your Passport!

When you visit a site listed in this passport, look for a green More to Explore trail marker, like the one shown below. On each marker you will find a "secret code" (hint it's usually a fitness word). Log the code on the corresponding page in your passport.

Or log your codes online on the St. Mary's County Library website: www.stmalib.org. Click on the More to Explore logo to start your adventure.

Present your completed Passport Prize Page at your closest St. Mary's County Library or show them your completed badge from the online site to claim your prize & be entered into the grand prize drawings.





Prize Page

Complete, cut out and present to any St. Mary's County Public Libraries to claim your prize & be entered for additional prizes.

NAME:	
AGE:	PHONE #:
# OF PEOPLE IN YOUR FAMILY, INCLUE	DING PARENTS:
HOME ZIP CODE:	DATE:
EMAIL:	MORE,
# OF SITES VISITED:	to explore

2

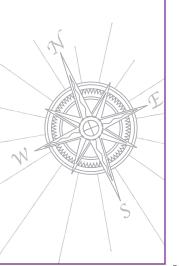
Activity Questions: 1. Last year, how often did you and/or your family visit these parks? Frequently				
☐ Frequently ☐ Occasionally ☐ Never 2. By participating in this program, has your physical activity level ☐ Increased ☐ Stayed the same ☐ Decreased	Acti	ivity Questions:		
☐ Frequently ☐ Occasionally ☐ Never 2. By participating in this program, has your physical activity level ☐ Increased ☐ Stayed the same ☐ Decreased	1	Last year how off	en did you and/or your fam	ily visit these narks?
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	2.	By participating in	this program, has your phy	sical activity level
		Increased	☐ Stayed the same	☐ Decreased
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Walking and Bicycling Safety Tips



Walking and bicycling are fun, healthy, and great modes of active transportation! Just remember to follow these basic safety tips:

- Always wear a helmet!
- Use sidewalks or paths. If there are no sidewalks or paths, walk as far from the motor vehicles as possible on the side of the street facing traffic. When riding in the road, always ride in the same direction as traffic.
- Watch for motor vehicles turning or pulling out of driveways.
- Signal your turns.
- Stay alert at all times.
- Learn and follow the rules of the road.
- Drivers should obey the speed limit and always stop at red lights and stop signs.
- Drivers should watch for, and yield to, pedestrians and bicyclists



4

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St. Mary's County Food Connection Map

The Environmental Health Action Team of the Healthy St. Mary's Partnership developed this Food Connection Map to help community members find food resources closest to them and address food insecurity.

The map includes food pantries, local farms and farmers' markets, convenience stores, grocery stores, and other retailers that accept SNAP/EBT. Follow the red line on the map, and you can see how these food resources line up with the STS bus route.

To learn more, scan the QR code or visit healthystmarys.com/food-connection-map/



St. Mary's County Physical Activity Map

The Chronic Disease Action Team of the Healthy St. Mary's Partnership developed this Physical Activity Map to help community members find exercise opportunities they enjoy in the community.

Use this interactive map to find physical activity opportunities near you including martial arts, golf, gyms, parks and public landings, and more.

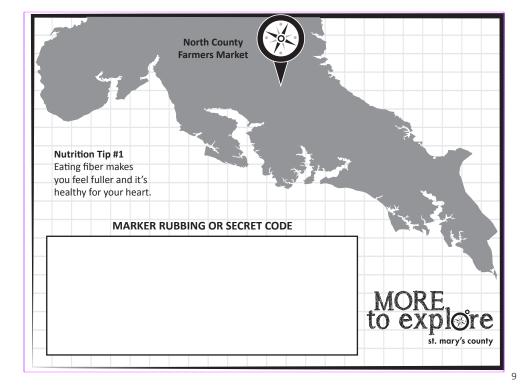
To learn more, scan the QR code or visit healthystmarys.com/physical-activity-map/



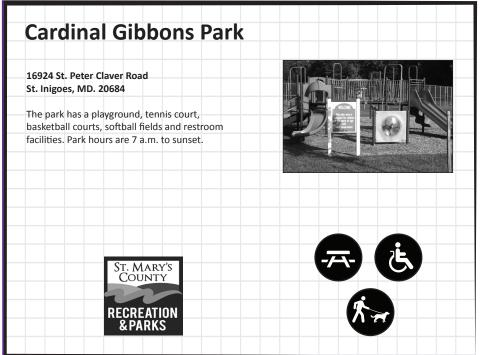


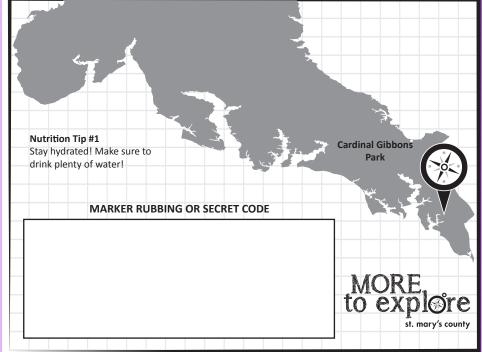
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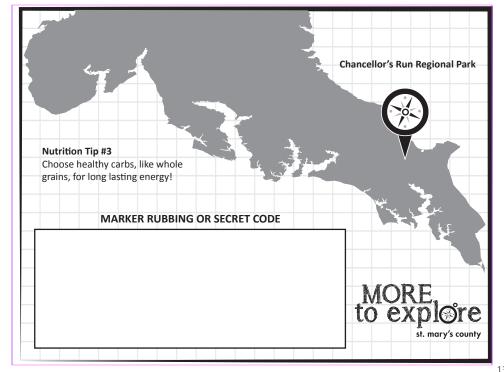
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College of Southern MD Leonardtown Campus

22950 Hollywood Rd Leonardtown, MD. 20650

The College of Southern Maryland (CSM) is an openadmissions, comprehensive regional community college that fosters academic excellence and enhances lives in Southern Maryland. CSM offers a 1/3 mile Fitness & Nature Trail which is located behind the Wellness & Aquatics Center and open to the public. The Wellness & Aquatics Center features a fitness studio, exercise programs and two swimming pools. The More To Explore trail marker will be located at the Fitness & Nature Trail.

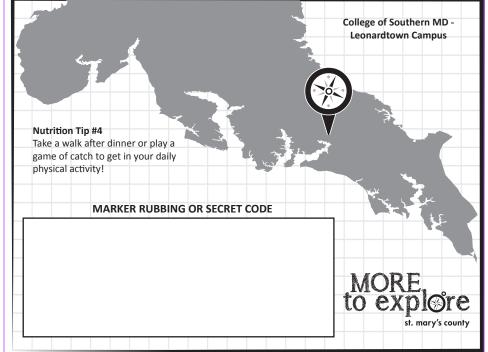




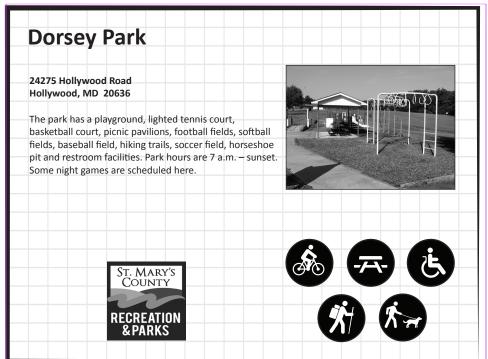


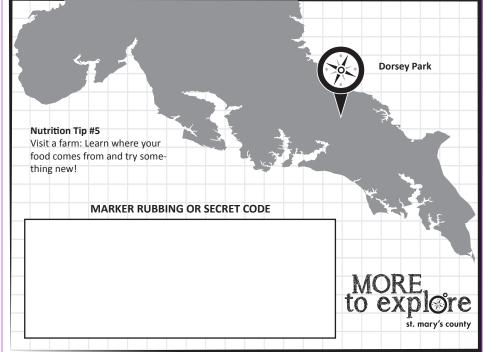




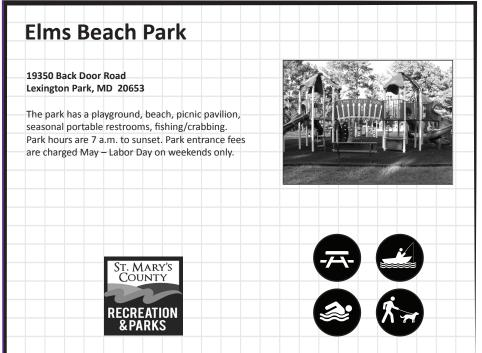


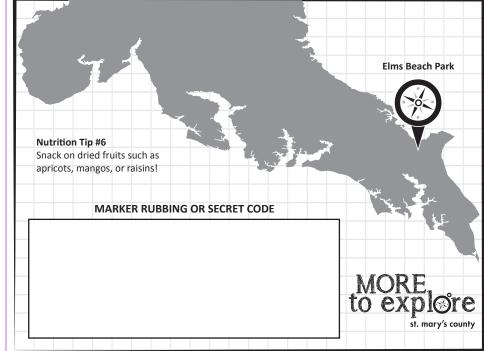
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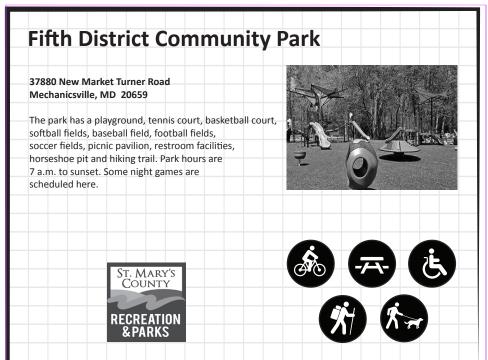


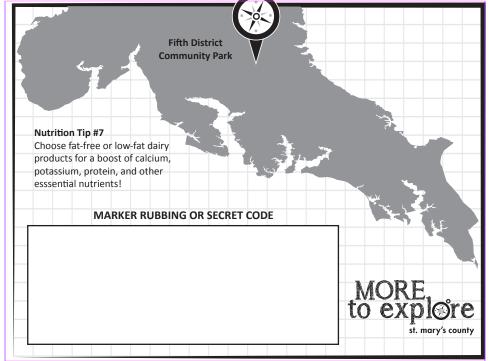
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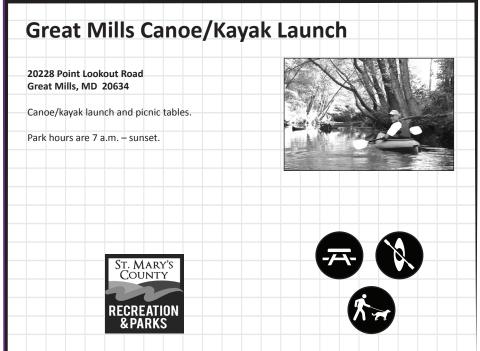


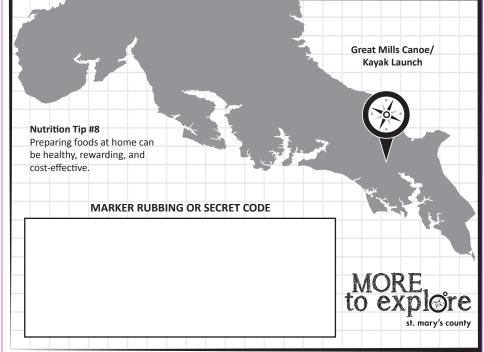
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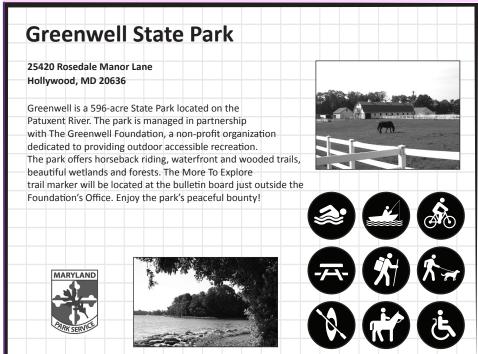


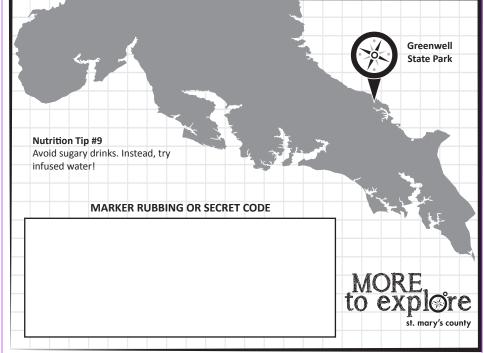
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Historic St. Mary's City

Visitor Center 18751 Hogaboom Lane St. Mary's City, MD 20686

At **Historic St. Mary's City (HSMC)**, a museum on the site of Maryland's first capital, families can explore help a planter tend his fields, and step on board a tall ship. Discover the world of the Yaocomaco people, and the place where Roman Catholics first worshipped in the British colonies. At the St. John's Site Museum, gain insight into ways historians and archaeologists reconstruct the past.

At HSMC, history is hands-on!



A MUSEUM OF HISTORY & ARCHAEOLOGY A
MARYLAND'S FIRST CAPITAL

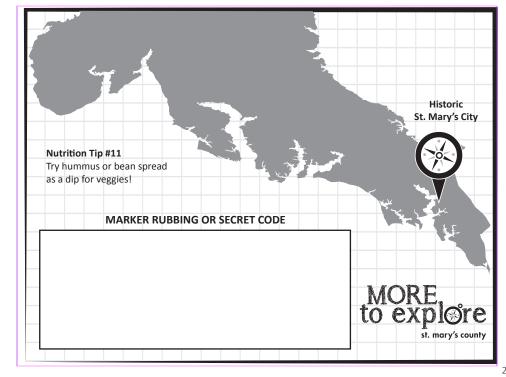




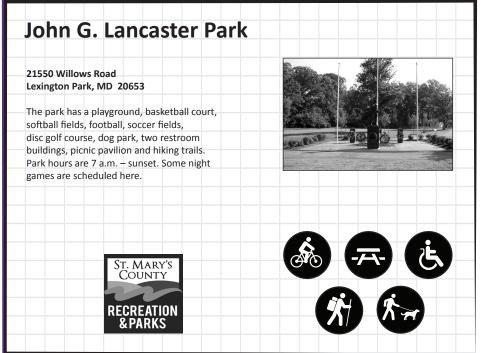


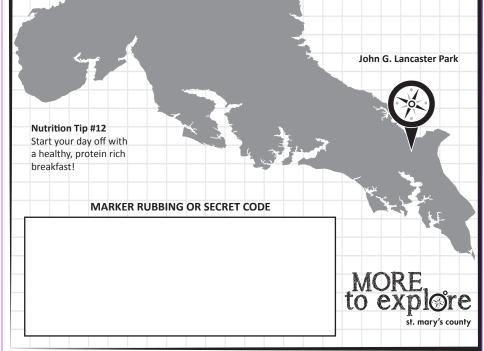




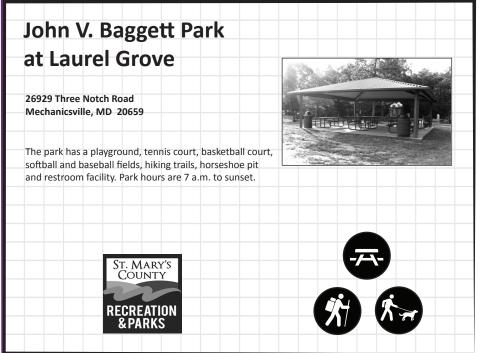


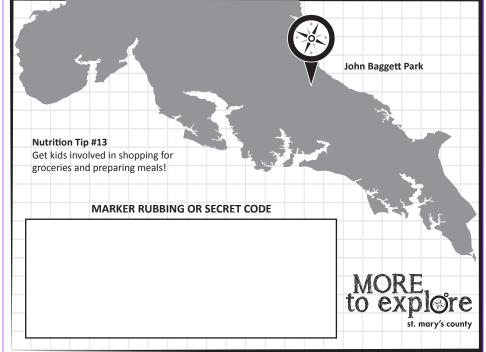
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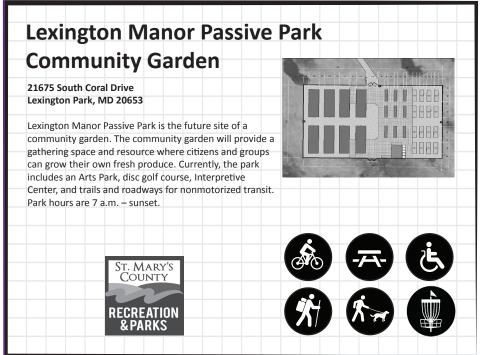


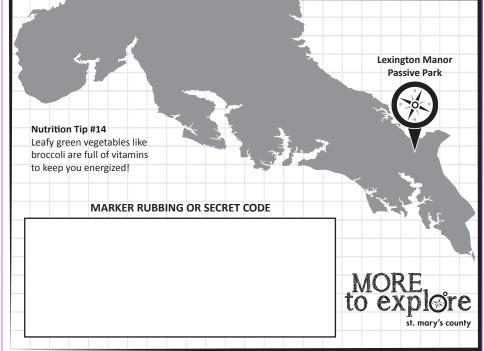
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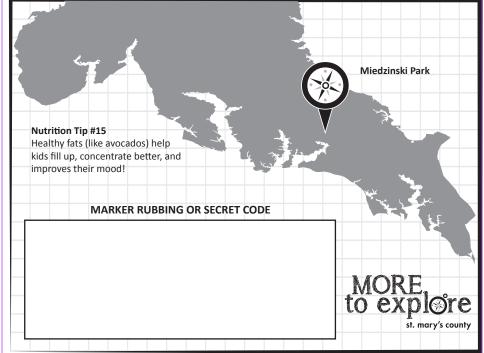




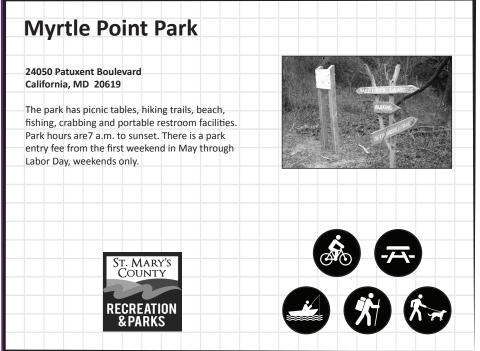
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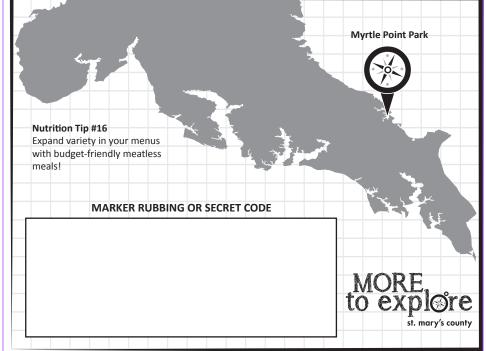
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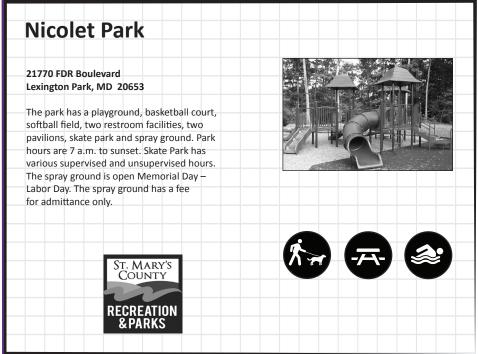


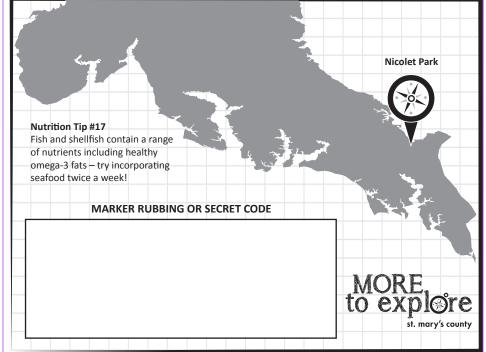
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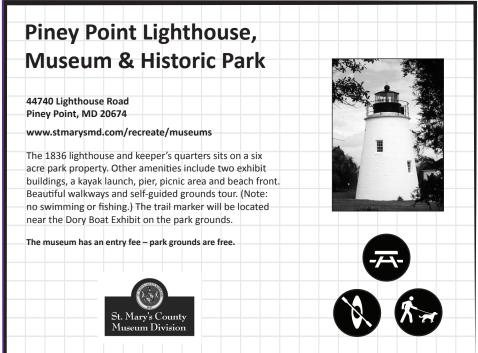


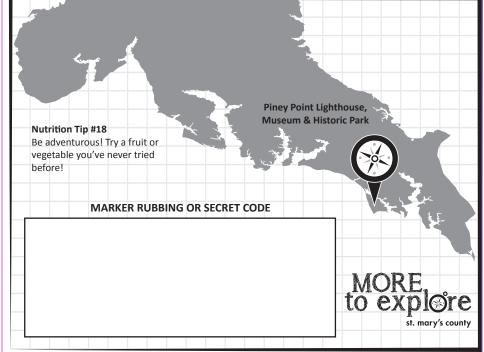
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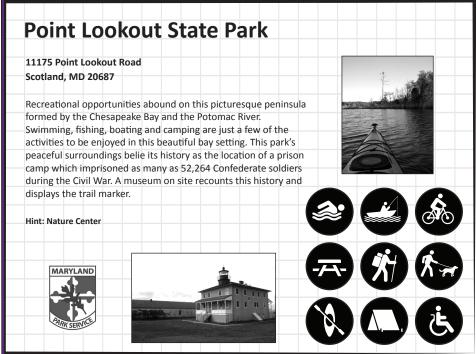


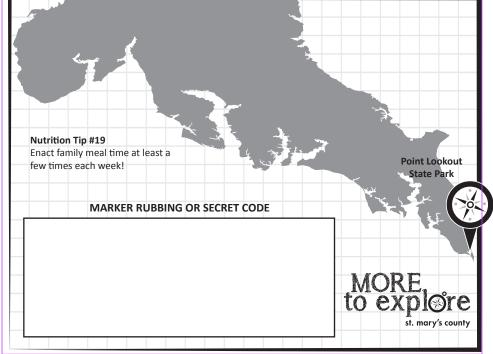
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Port of Leonardtown Water Trail

Start: Port of Leonardtown Park

23190 Newtowne Neck Road, Leonardtown

Finish: Leonardtown Wharf Public Park 22510 Washington Street, Leonardtown

Port of Leonardtown Park is the launch point of a three mile water trail. As you paddle along McIntosh Run, you will pass through a 58 acre FIDS (Forest Interior Dwelling Species) Habitat. This area is home to bald eagle families and many other wildlife species. Experience the amazing tranquility along this winding trail. The trail terminates at Leonardtown Wharf Public Park.

More to Explore markers and equipment rentals are available at both locations.

www.leonardtown.somd.com









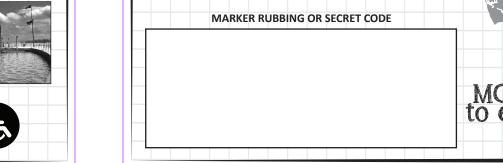












Nutrition Tip #20

and eating healthy!

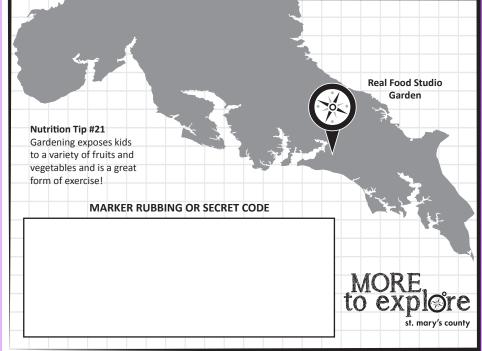
There's no age limit to getting fit

Port of Leonardtown

Leonardtown

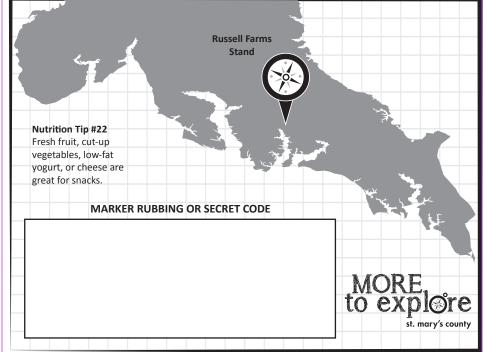
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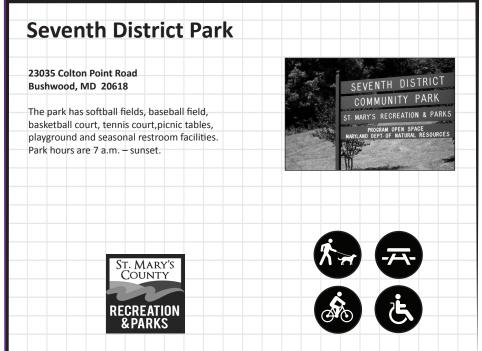


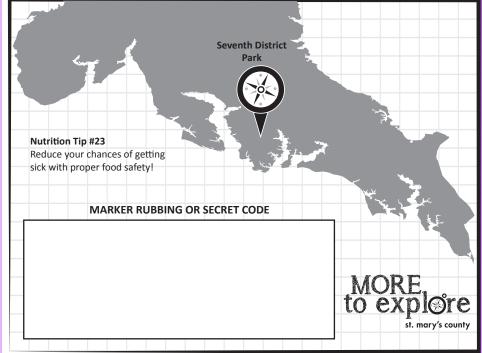
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Sotterley Plantation

44300 Sotterley Lane Hollywood, MD 20636

Sotterley Plantation, a National Historic Landmark, is one of the oldest museums of its kind in the United States, with a history dating back to the turn of the 18th century. Sotterley consists of almost 100 acres of breathtaking beauty on the Patuxent River that includes over six miles of nature trails, Colonial Revival Gardens, and over 20 historic buildings — including a 1703 Plantation House and original 1830's Slave Cabin. Guided and Audio Tours available, as well as site rentals. Sotterley holds many annual signature events.

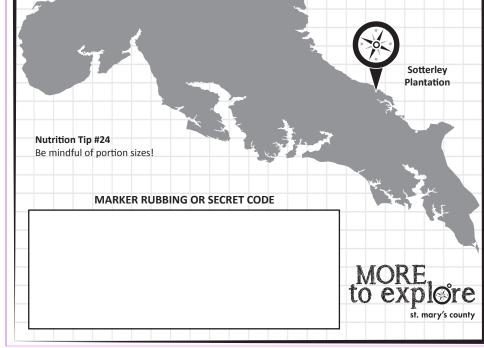
Sotterley Plantation





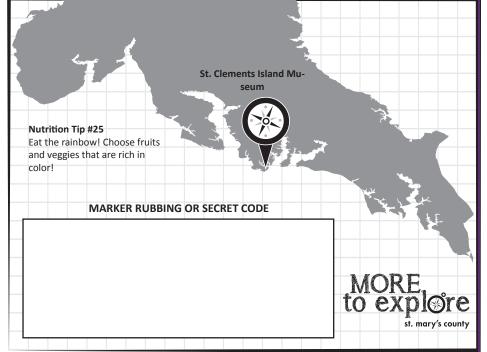




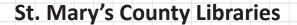


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Charlotte Hall Library, 37600 New Market Road, Charlotte Hall Leonardtown Library, 23250 Hollywood Road, Leonardtown Lexington Park Library, 21677 FDR Blvd, Lexington Park

Fun and adventure await you at your St. Mary's County Library. Each library has a fantastic children's area filled with exciting books, CDs, and DVDs you can check out and librarians eager to help you. Participate in our **Summer Reading Program** and earn prizes, attend fun programs and get your very own library card if you don't have one.



Charlotte Hall Library



Leonardtown Library

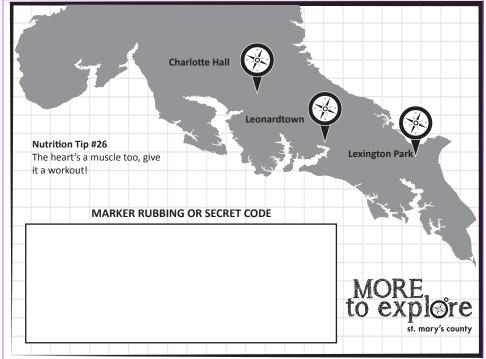




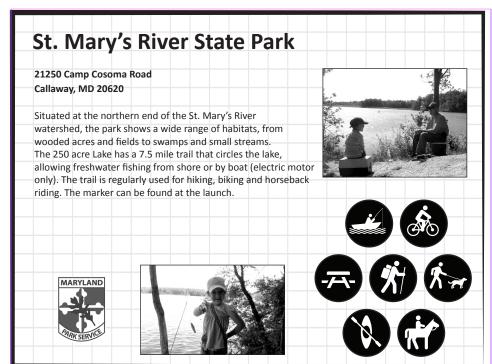


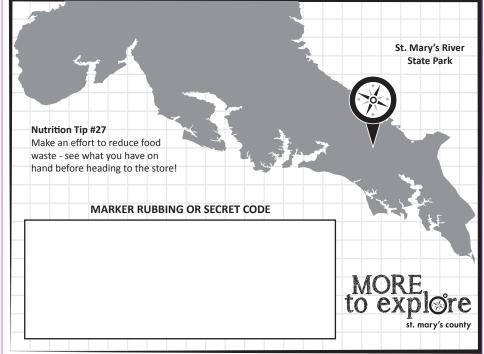


Lexington Park Library

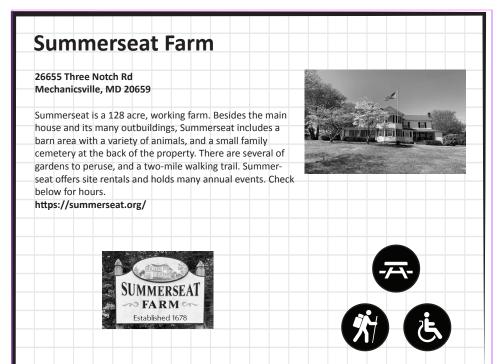


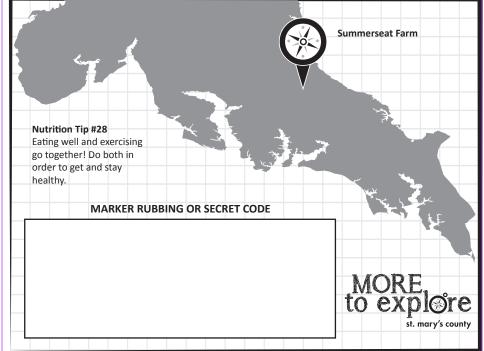
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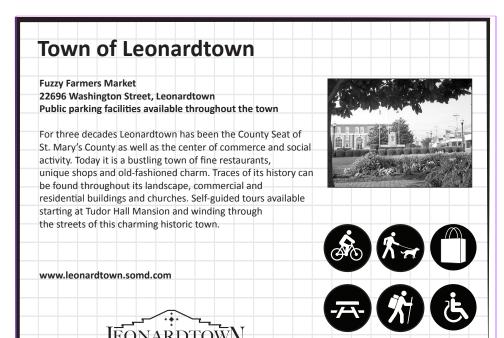


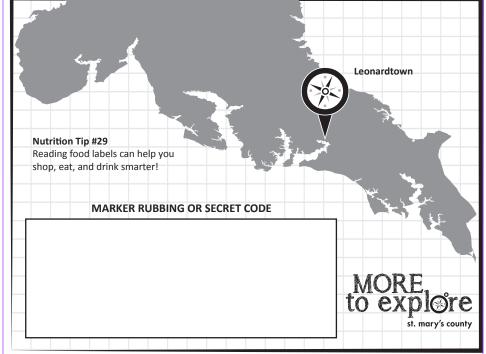
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