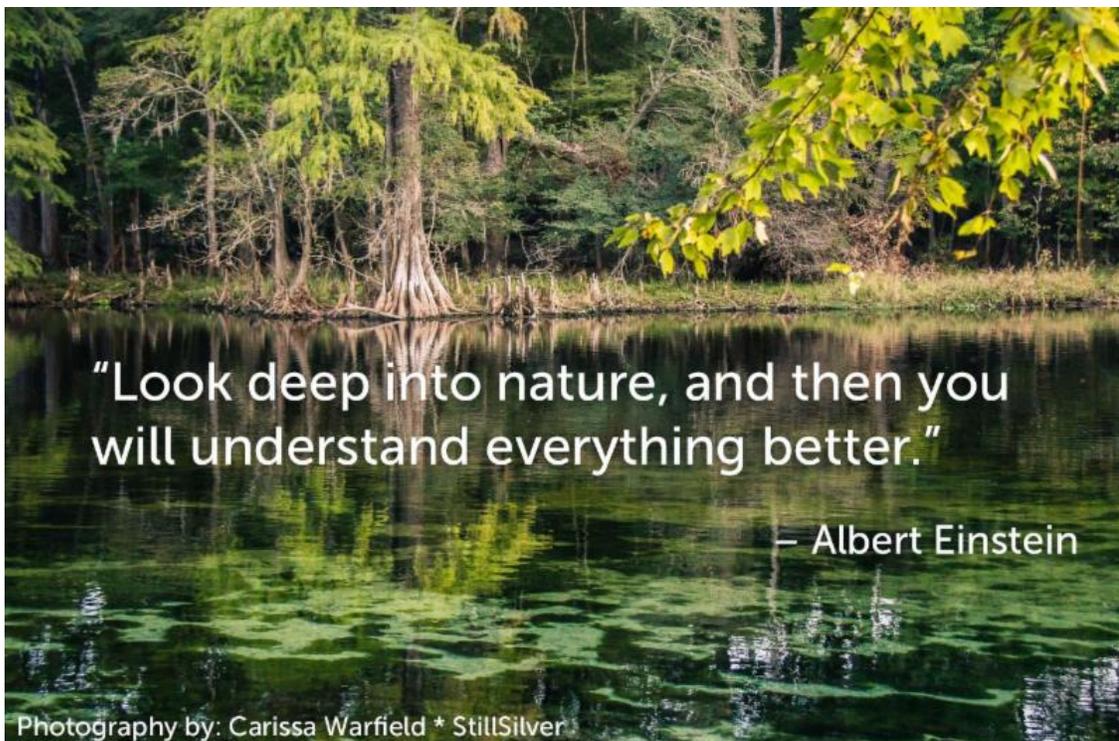




A Community for All Ages



***"The earth has music for those who listen."***  
**- William Shakespeare**

Are you listening? All around us we are surrounded by outdoor spaces that impact our lives. And Sarasotans are fortunate enough to live among surroundings that connect us directly with nature - the great outdoors! Beaches, parks, gardens, and paths are within our vicinity. Whether you walk, run, jog, cycle, stroll or meander, you are likely to be inspired like these famous American writers:



"I believe that there is a subtle magnetism in Nature, which, if we unconsciously yield to it, will direct us aright."

-Henry David Thoreau

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"In the presence of nature, a wild delight runs through the man, in spite of real sorrows."

-Ralph Waldo Emerson

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"I go to nature every day for inspiration in the day's work."

-Frank Lloyd Wright

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"We do not see nature with our eyes, but with our understandings and our hearts."

-William Hazlett

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"Perhaps the truth depends on a walk around the lake."

-Wallace Stevens

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Research suggests that getting out and being active in nature yields multiple benefits to health and well-being including:



## Physical

Reduced inflammation

Disease prevention

Decreased obesity

Lower blood pressure

## Mental

Improved short-term memory and concentration

Restored mental energy

Stress relief

Sharper thinking and creativity

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3710158/>

<http://www.businessinsider.com/scientific-benefits-of-nature-outdoors-2016-4/#9-immune-system-boost-9>



## The Legacy Trail

The Legacy Trail is a trail system connecting communities across Sarasota County and stretching into neighboring Charlotte County. The Legacy Trail offers rest stops, trailheads, and free parking - users will find rest station areas approximately every mile.



The Legacy Trail is a gift of significant historical and environmental lands which promote a sense of community among Sarasota County residents and provide a place for visitors and residents to use and enjoy. Uses include viewing wildlife in different habitats, relaxing in a mostly undeveloped environment, a travel corridor to other places in the county, discovering and studying local history and recreation such as walking, rollerblading, bicycling.

Did you know?

- The Legacy Trail currently extends 15 miles from the Historic Venice Train Depot in Venice to McIntosh Road in South Sarasota.
- Extending the Legacy Trail to downtown Sarasota is an explicit goal listed in the Age-Friendly Sarasota County Action Plan.
- The Legacy Trail opened in 2008.
- The Legacy Trail is supported by the Friends of The Legacy Trail, Inc (FLT). FLT was established on July 11, 2016, as an all-volunteer 501(c)(3) nonprofit organization. FLT exists to support, promote, enhance, and protect The Legacy Trail, a Sarasota County Park, and its trail connectors now and for future generations.

There are many ways for YOU to get involved including:

- Be a driver for the Surrey Program
- Serve as Ambassador Patrol to promote safe usage
- Bike helmet fitter for new and first time riders
- Marketing and promotion to spread the word about this treasure
- Annual Tour de Parks fundraiser
- Speakers Bureau to share your knowledge and passion for the trail

For more information visit [Volunteer|Friends of The Legacy Trail](#)



There's still time to participate in the Age-Friendly Festival ... but the door of opportunity is closing fast with the approaching **July 31 submission deadline**.

The first-ever celebration of lifelong well-being aspires to connect people of all ages in our region. Mark your calendars now for Saturday, October 28, 2017, to attend this day long festival at the Sarasota Fairgrounds where admission is free.

Individuals and exhibitors from businesses, government, nonprofits, and the media will share information on a variety of topics that optimize community assets and enhance quality of life.

The Festival will feature exhibits, education, experiences, and entertainment highlighting:

- Arts & Culture
- Health & Wellness
- Livability Options

Attendees will enjoy free live entertainment and food for purchase will be available throughout the day (think food trucks!).

Exhibit space is available at no cost to participants advancing Age-Friendly principles and promoting lifelong well-being.

You can learn more about this opportunity and submit the [online "Request to Participate" form](#) ... but be sure to do it no later than **July 31**.

If you have any questions about the Age-Friendly Festival, please email us at [info@agefriendlysarasota.org](mailto:info@agefriendlysarasota.org).

The Age-Friendly Festival is a product of Age-Friendly Sarasota which is part of the [World Health Organization's Global Network of Age-friendly Cities and Communities](#), -- an effort of more than 400 communities worldwide benefiting more than 130 million people. Age-Friendly Sarasota was the first community in Florida to be recognized as an Age-Friendly community by WHO and [AARP Network of Age-Friendly Communities](#), a national affiliate of the global effort. Age-Friendly Sarasota works with its [seven founding partners](#) to propel its progress. For additional information on this initiative, see [FAQs about Age-Friendly Sarasota](#).

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GET CONNECTED:



Want to share an upcoming event or program related to making Sarasota County Age-Friendly? Email AFS at [info@AgeFriendlySarasota.org](mailto:info@AgeFriendlySarasota.org) and share your ideas!

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