

REC FAIR

Find Your Type of Adventure!



 gcrecfair.com

Presented by: Shelley Argabrite, MA
Director of Population Health, Innovation & Informatics Unit, Chief
Health Strategist, Accreditation Coordinator
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REC FAIR

Find Your Type of Adventure!

OBESITY

36%

Adults with BMI > 30

PHYSICAL INACTIVITY

36%

Adults who self-report
no active leisure time

HIGH CHOLESTEROL

33%

Adults who report ever
being told by a
provider they have
high cholesterol

BLOOD PRESSURE MEDS

59%

Adults who report
taking blood pressure
medication

WALK OR BIKE TO WORK

1.6%

ACCESS TO RECREATION

59%

People who live 3
miles or less from a
location for physical
activity



REC FAIR

278 Registered Participants

Our purpose was to create access to physical fitness opportunities, learn about community resources, and enjoy the outdoors!



REC FAIR

Volunteers

C Works, friends, family members, and neighbors pitched in to help with everything from registration to setting up games, taking photos, and putting up signs!

OFFERINGS

Find Your Type of Adventure!

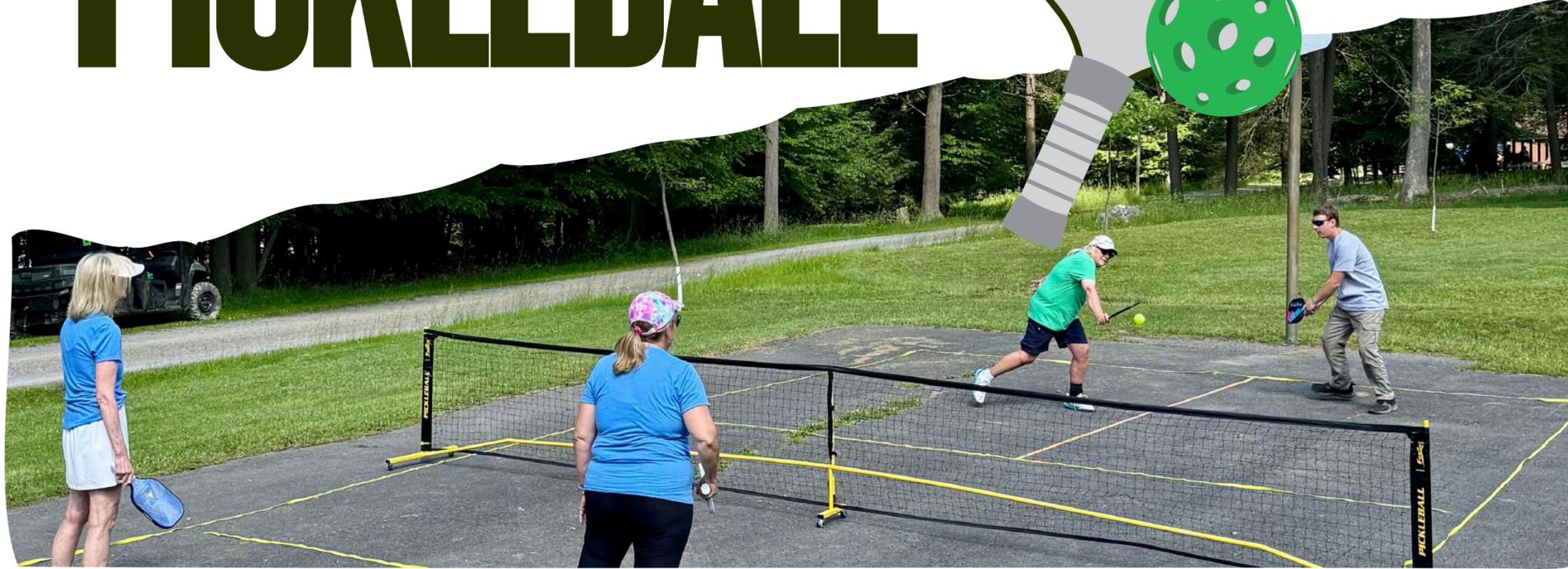


gcrecfair.com

Pickleball is a rapidly growing sport that combines elements of tennis, badminton, and ping-pong. It is played with a paddle and a plastic ball with holes, on a court similar in size to a badminton court. The game can be enjoyed by people of all ages and skill levels, making it a popular choice for both recreational and competitive play. Pickleball's appeal lies in its simplicity and accessibility, requiring only a few pieces of equipment and a small space to play. Whether you're looking for a fun way to stay active or aiming to compete at a higher level, pickleball offers a unique blend of strategy, agility, and camaraderie.



PICKLEBALL



YOGA



NATURE HIKE



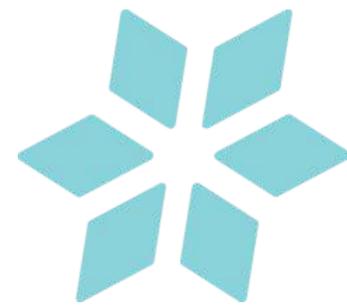
Guided nature hike looking for native plants, and learning how to identify them, and the ways in which they support our natural ecosystems. But don't just look down! Keep your eyes and ears open to observe any avian friends we pass along the way. Everything in nature is connected – discover how!



Deep Creek Adventure Bureau

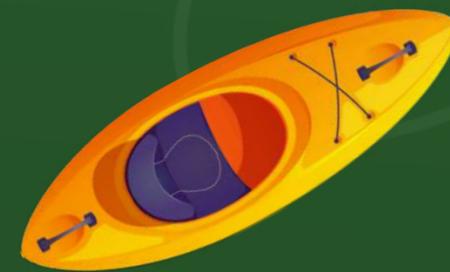
Guided ride at 1:00 p.m. They began by reviewing some basic mountain biking skills before heading onto the trail. Participants should expect a little bit of everything: some rocks, a few uphill, and plenty of fun.

If you're ready for a bit of a challenge but still want a supportive, no-pressure group, this is your ride.



WISP
RESORT

Sponsored 50 kayak rentals and provided an additional 25 rentals at a reduced rate.



ACCESS





GARRETT COUNTY
HEALTH DEPARTMENT

Harvest Hub Meal Box / Vouchers

Provides FREE meal boxes or vouchers (depending on availability) to anyone in need, regardless of benefits eligibility, thanks to Healthy Together and our partners at AHEC West with funds from the Maryland Community Health Resources Commission!





Healthy Together

Healthy Together focuses on improving health outcomes for patients with heart disease and substance use disorder in the Georges' Creek corridor and Garrett County. Healthy Together involves a robust network of regional partners, including: The Allegany and Garrett County Health Departments.





Garrett Trails

Garrett Trails is a nonprofit, volunteer organization dedicated to the development of a well-used network of high-quality, sustainable trails that provide access to Garrett County's historic, municipal, and environmental treasures.



All Earth Eco Tours

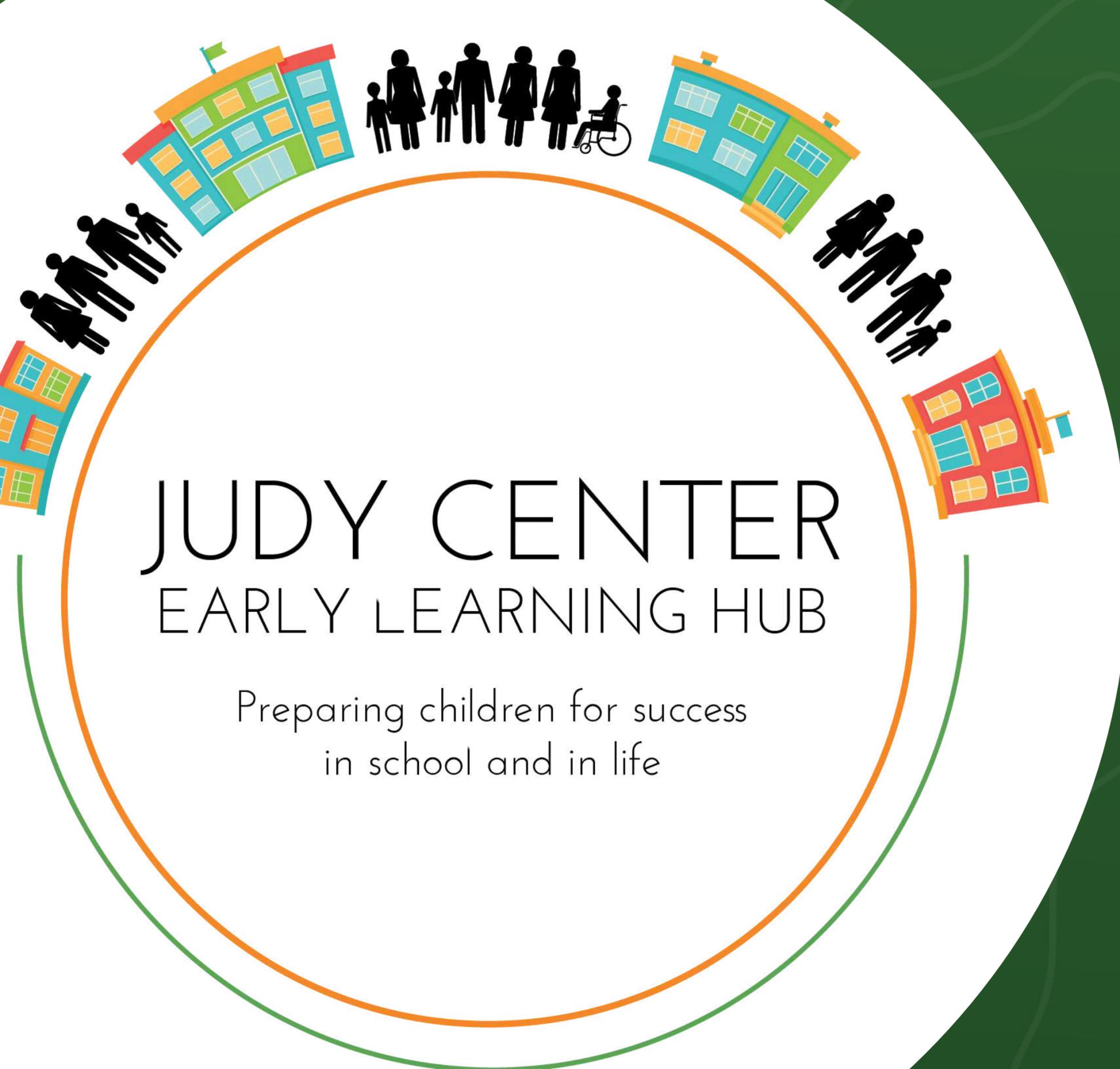
The allure of Deep Creek Lake and its surrounding wilderness, combined with the personalized service of All Earth Eco Tours, creates the perfect setting for lasting memories. Whether you're solo, with family, or a group of friends, or business colleagues, each excursion promises a unique perspective of the outdoors, facilitated by guides who are passionate about sharing their love for the area.



MARYLAND
WELLNESS

Maryland Wellness

Maryland Wellness is a leading Outpatient Mental Health Clinic (OMHC) committed to providing compassionate, individualized care that strengthens clients, families, and communities. Through therapy, Psychiatric Rehabilitation Program (PRP) services, and medication management, we help underserved populations across Maryland achieve their full potential. With a holistic, person-centered approach, we empower individuals to navigate life's challenges and thrive.



Judy Center Early Learning Hub

A collaborative effort between Garrett County Public Schools and Garrett County Community Action, Inc. It serves as a hub for early childhood development and family support, aiming to enhance school readiness for children in the area.





Mountain Maryland Dragon Boat Festival

The 3rd Annual Mountain Maryland Dragon Boat Festival will be held in Oakland, Maryland, on August 23, 2025, at Broadford Park (123 Recreation Ln, Mountain Lake Park, MD 21550). The event is scheduled to run from 9 AM to 4 PM. It is a day of dragon boat races, food, music, and community.





MDOHVA

Advocating for responsible and sustainable OHV recreation in Maryland





Dimsey.com, Deep
Creek Lake Lion's
Club, and Deep
Creek 100

Chris Nichols and crew!

DEEP
CREEK
LAKE

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Years
1925 • 2025





Become a
MARYLAND
MASTER NATURALIST

Building a stronger community in the natural world together.

BECOMING A MASTER NATURALIST

- Complete 12 hours of instruction
- Earn a badge on your shirt
- Gain hands-on experience
- Meet other volunteers
- Receive a certificate

EDUCATION DETAILS

- Instructional sessions are held on the 1st and 3rd Thursdays of each month from 6:00 PM to 8:00 PM.
- Sessions are held at the Discovery Center, 10000 Discovery Center Drive, Garrett County, MD 21525.
- Registration is \$10.00.
- Space is limited. Register early!

REGISTER TODAY!

Register online at: www.westerngarrettpark.com

Phone: 800-368-7368
Fax: 301-328-7368
Email: volunteers@westerngarrettpark.com

Today's Naturalist
is
Chance Friend
He loves to
answer questions.
DCLSP
Discovery
Center

BARK RANGER



Western Garrett County State Park Volunteers, Inc.

Go!
+
Go!



Population Health, Innovation, and Informatics Unit

1st Annual REC FAIR is a way to celebrate five years of well-being programs! We've made it our mission through competitive grants to make the outdoors and physical fitness activities accessible to everyone, regardless of income or ability!



Go!
+
Go!



Celebrating 5 Years of Well-Being

We've worked with hundreds of partners via GoGarrettCounty.com and have served thousands of people! Be sure to sign up for both GoGarrettCounty.com and GoGarrettCountyPlus.com to earn points you can redeem for cool prizes and build a social network of support on your well-being journey.



2ND ANNUAL REC FAIR 2026

Find Your Type of Adventure!

