**Land-of-Sky Regional Council's**

**2013 Wellness Expo**

**Biltmore Square Mall**

10 am - 2 pm

Discover your community at this year’s Wellness Expo. The discovery passport will guide you through health screenings, physical activity demonstrations, community resources and more. Call Stacy Friesland at 828-251-6622 for more information.

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**Bullington Gardens Tour & Walk**

9:00 - 11:00 am

3 Upper Red Oak Trail, Hendersonville

Join us for a walk in the Gardens and tour the beauty of what the Fall Season has to offer. This guided tour will incorporate the various trees and plants as well as the brief history of the Bullington. We will end with a hands-on and interactive project. Refreshments will be served. Come enjoy a peaceful walk in one of our County’s favorite natural settings. Leaders: John Murphy - Bullington Gardens Director, Mary Martin - Master Gardener, Karen Saine - Henderson County Park and Recreation. For more information contact Karen Saine at 674-9784.

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**Henderson County Orchard Tour**

9:00 - 11:00 am

Meet at the Variety Block (994 E. Tracy Grove Road, Flat Rock) off Upward Road at Richard Statton’s Farm and Cold Storage Facility

Tour a tree fruit farm and learn more about tree planting. You will see over 100 new apple, peach, nectarine, pear, cherry varieties that are evaluated every harvest season for maturity, storagability and quality. You will also visit a young nursery and tour a commercial cold storage facility. Some walking is required so please dress accordingly. For more information Contact: Marvin Owings (Henderson County Cooperative Extension) at (828) 697-4891.

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**FlatRock Playhouse**

10:00 am - 12:00 noon

2661 Greenville Hwy, Flat Rock

Join Lynn Penny, Director of Development for Flat Rock Playhouse, on a “Behind the Scenes” tour of the expansive property of the Playhouse, the Mainstage theatre, and the State of the Art, Robin R. Farquhar YouTheatre Education Center. We will also have a sneak peek at the renowned gardens surrounding the Historic Lowndes House. Wear your walking shoes for this exciting opportunity to see how the Playhouse creates “It’s magic!”

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**Downtown Walk and Brewery Visit**

5:00 pm

Meet at the Southern Appalachian Brewery, 822 Locust Street, Hendersonville

We’ll begin our walk along 7th Ave, past the old train station to the Oklawaha Greenway. We’ll follow the Greenway to Patton Park and then return to the brewery via the pleasant neighborhood streets of Historic Hyman Heights, passing by Hendersonville’s first hospital, Patton Hospital (1913), Killarney House (1858) and the site of Cold Spring Park. Upon return to the Southern Appalachian Brewery, we’ll stop to quench our thirst. For more information contact walk leader Gary Ebben at (828) 707-8964.

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**Fletcher Community Park ENERGI Fitness Tutorial and Walk**

9:00 - 11:00 am

85 Howard Gap Road, Fletcher at the ENERGI Fitness System

Join the Park Ridge Health Wellness Team on a scenic walk through Fletcher Community Park and an interactive demonstration of the new Park Ridge Health ENERGI Total Body Fitness System. The ENERGI system is designed to offer up to 120 exercises at each fitness station with skill levels ranging from beginner to advanced. Fletcher Community Park offers 3.5 miles of greenway, numerous recreation facilities and an arboretum garden. For more information contact Julie Palmer with Park Ridge Wellness at (828) 687-5290.