

Get Out There!

Our top picks for local outdoor adventures this summer

We asked our Welia Health staff to tell us their favorite outdoor things to do in the summer. Below you'll find some of our recommendations for family-friendly events and places to explore. *Pick what looks interesting to you, then get outside and have some fun!*

Kanabec County area –

Mora Community Ed:

moraschools.org/page/community-ed

ECFE Summer Fun:

moraschools.org/o/mes/page/early-childhood

Mora Chamber Event Listing:

moramn.com/mora-chamber

Mora Area Farmers Market:

8am-1pm Sat | May – October
Mora United Methodist Parking Lot

Mora Aquatic Center (MAC):

Open Daily 12:30 – 6:30pm | June 5 – August 12
ci.mora.mn.us/mora-aquatic-center-mac

Music in the Park Summer Concerts:

6:30 – 8pm | Thursdays beginning in June
ci.mora.mn.us

Mora Summer Rec (sponsored by MAYRA – Mora Area Youth Recreation Association):
mayrasports.com

Mora Rocks the Parks! (sponsored by the City of Mora & Better Together Coalition of Kanabec Cty.):
ci.mora.mn.us/parks-recreation

Mora Parks and Recreation:

ci.mora.mn.us/parks-recreation

Mora Half Marathon and 5K:

Saturday, August 19

moraclassicseries.org

Pine County area –

Pine City Calendar:

pinecitychamber.com

Art in the Park (Outdoor Music):

pinecitychamber.com/art-in-the-park

Pine City Farmer's Market:

11am - 1pm

Fridays & Saturdays from June 9 – August 25

Come see us June 9, June 23, July 7, July 21, August 11 and August 25 for health information, fun activities and ideas!

facebook.com/PineCityFarmersMarket/

Pine City Parks:

pinecity.govoffice.com/parksrecreation

Pine City Local Recreation:

pinecity.govoffice.com/recreation

Pine City Community Ed:

pccommunityeducation.weebly.com/summer-fun.html

Pine City Summer Rec:

<https://pcsummerrec.weebly.com>

Pine City Art Fest:

Saturday, July 15

pinecitychamber.com/pine-city-art-fest

Pine City Beach and Park:

tinyurl.com/55ksxvr9



MORE things to do in Pine County and beyond –

The Dragon Wagon:

facebook.com/Dragonwagon578

Willard Munger State Trail (Barnum):

dnr.state.mn.us/state_trails/willard_munger

St. Croix State Park (Hinckley):

dnr.state.mn.us/state_parks/st_croix

Osprey Wilds Environmental Learning Center

(Sandstone):

ospreywilds.org

Hinckley Community Ed:

hfcommed.weebly.com

Hinckley Summer Rec:

pccommunityeducation.weebly.com/summer-fun.html

Banning State Park (Sandstone):

dnr.state.mn.us/state_parks/virtual_tour/banning/dialup.html

Sweet Summer Sounds:

6:30 - 8pm in June, July & Aug (see FB for schedule)

Hinckley Westside Park

tinyurl.com/msfkbje3

National Night Out:

August 1 for all areas

State Parks – Free Days:

Four free entrance days throughout the year:

April 22, June 10, September 9, November 24

For more information call 1.888.646.6367

mndnr.gov/freeparkdays

Share your ideas with us!

Know of more fun things to do outside?

Send an email to: info@WeliaHealth.org

We'll update our listing all summer long!



Use this QR code throughout the summer for fun suggestions!



While you're out and about this summer, DON'T FORGET TO HYDRATE!



How much water do we need?

The National Academies of Science, Engineering and Medicine recommends that an adequate daily fluid intake is about 15.5 cups (125 oz) for men and about 11.5 cups (91 oz) for women. However, not all of our daily fluids need to be met with water alone. Water, other beverages, and the water in the foods we eat can help us meet the daily fluid recommendation.

Fluid needs can be higher for those people that are highly active, living in a warm and/or dry climate, ill with fever,

infection, vomiting and/or diarrhea, or are overweight or obese.

How much is enough?

Use the urine test to determine if you are getting enough fluids. If your urine is clear or pale yellow, you likely are getting enough fluids. If your urine is a bright or dark yellow or has a strong odor, you likely need additional fluids.

Why do we need water?

Water is essential for your body to function. *Here are just some of the reasons adequate hydration is so important for your body:*

- Carries nutrients and oxygen to our cells
- Gets rid of waste through perspiration, urination and bowel movements
- Flushes bacteria from our bladder
- Aids in digestion and prevents constipation
- Regulates body temperature
- Helps to maintain healthy blood pressure
- Protects body organs and tissues
- Moistens mucus membranes in our eyes, nose and mouth
- Lubricates and cushions our joints



HEALTH

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GET OUT THERE!

3 important things to remember:

1. Our communities have much to offer for outdoor fun
2. Scan our QR code for more ideas all summer long
3. Don't forget to bring water and stay hydrated

