



## A Wellness Idea...

From West Hants Wellness Committee

### Enjoy the Outdoors at a WH Recreation Site Falmouth Mini Park and Lake Pisiquid Trail

Take a break from your errands and relax in the Falmouth Mini Park, located just across the bridge in Falmouth. Shade trees and a cool breeze off the lake provide a pleasant place to sit and relax while children play on the playground equipment. The 2.4 km trail around the lake is a joint project of the Town and Municipality, and one of the most popular walking trails in the area.

