For an Active Lifestyle

Parks and recreation facilities provide opportunities for physical activity and can help people of all ages lead a more active lifestyle. People who live near parks are more likely to be active. Making recreational facilities accessible in all communities is a critical strategy for increasing physical activity and preventing obesity. Listed below are some local parks you may be missing out on! Florence has many great outdoor spaces to explore.

Challenge: visit a new park or space you have not been before!
Bonus: bring a buddy!

**COX CREEK PARK**
Located at the corner of Chisholm Road (Hwy 17) & Cox Creek Parkway (AL 133)

**DIBERT PARK**
It is located at the corner of Darby Drive & Cox Creek Parkway (AL 133)

**MARTIN PARK**
Located at 337 N Royal Ave, Florence, AL 35630

**MCFARLAND PARK**
Located at 200 James M Spain Dr, Florence, AL 35630

**RIVER HERITAGE PARK**
Located at 15 Hightower Pl, Florence, AL 35630

**VETERANS MEMORIAL**
Located at W Alabama St, Florence, AL 35630

**WILLOWOOD PARK**
Located at State Rte 13, Florence, AL 35630

**WILSON PARK**
Located at 250 E Tuscaloosa St, Florence, AL 35630

For more information click below: Florenceal.org/parks&recreation