

# Play More at PlayWELL Park

Wake County's first health education playground: PlayWELL Park playground offers children the opportunity to learn about health while having fun.

## Activities include:

### The Artery Connection

Kids climb the rib rise and nerve net and slide through giant arteries

### Nutrition Climbing Wall

Kids experience the "downfall" of too many wrong food choices by climbing the nutrition wall.

### Bone Balance

Kids can balance their way through the bone yard while learning to grow strong bones and teeth.

### Healthy Choices Maze & More!

Kids experience this A-MAZE-ing challenge, full of twists and turns, and learn the importance of healthy choices.



The Play More at PlayWELL Park Project was made possible by the John Rex Endowment and is a collaboration between the Poe Center and Wake County Human Services.



**Alice Aycock Poe Center for Health Education**  
**224 Sunnybrook Road - Raleigh NC 27610**

## WHAT'S NEW!

- Extended Hours
- Updated equipment!
- More wheelchair accessible opportunities!

## OPEN\*

Monday-Friday:  
8:30 am to 7:00 pm (or sundown)

1st & 3rd Saturdays:  
10:00 am to 2:00 pm  
*\*weather permitting*

## WEEKEND EVENTS

April 20th

Let's Play Together:  
Celebrating Autism Awareness Month

April 27th

NCSU Military Family Day with Fleet Feet

May 4th

National Turnoff Your TV Celebration

May 18th

Physical Fitness & Sports Month  
Scavenger Hunt

June 1st

Father's Day and Play!  
Take Your Family to the Park

June 15th

First Responders Day  
Visit with EMS and Firefighters

July 6th

Water Play Day

July 20th

Fun in the Sun - Sun Safety

August 3rd

Play in the Park

August 17th

Back to School Kick Off  
Play Day!

September 7th

S-A-Day: Fuel Up For FUN!

September 21st

Ultimate Jumpin' for Joy  
Jump Rope Show