

Poe Center Mission

To educate and empower NC children, youth and their families to make choices that increase positive health behaviors.

Poe Center Vision:

That ALL NC children and youth become healthy adults!

The Play More at Play WELL Park Project was made possible by the John Rex Endowment.



What's new and exciting at the PlayWELL Park?!

Extended hours of operation!

Updated and enhanced equipment!

More wheelchair-accessible opportunities!

poehealth.org



PlayWELL Park

Located at the

Alice Aycock Poe Center for Health Education

224 Sunnybrook Road | Raleigh, NC 27610
(919) 231-4006 or poehealth.org

The Play More at PlayWELL Park Project is a collaboration between the Poe Center and Wake County Human Services.

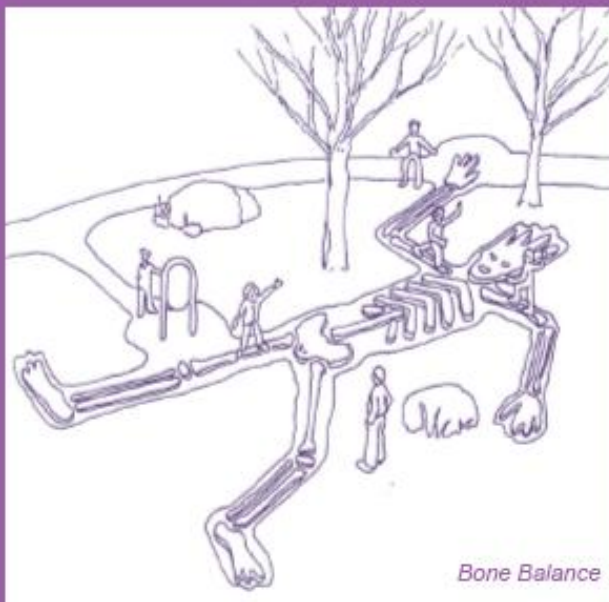


NEW Hours:

M-F 8:30am to 7pm or sundown
1st & 3rd Saturdays 10am to 2pm
Weather permitting.



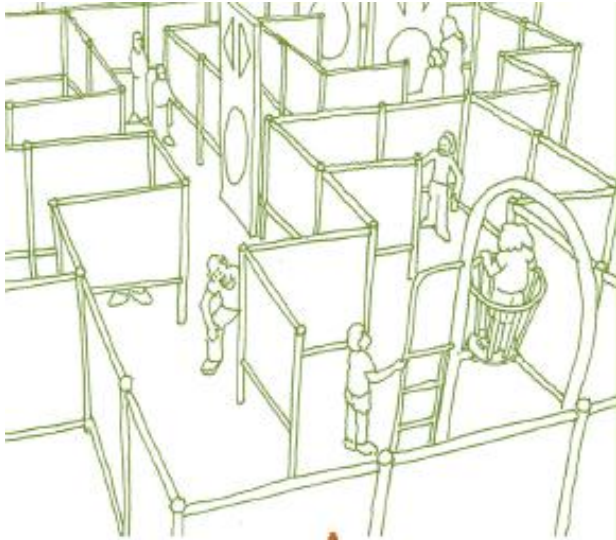
The Rib Rise



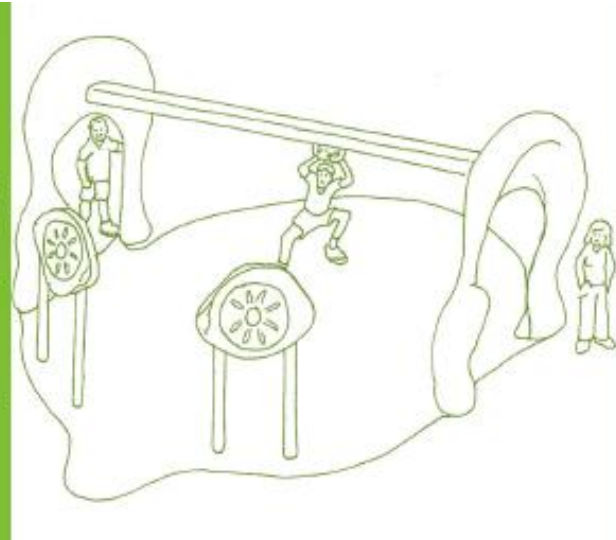
Bone Balance




Nutrition Climbing Wall



 Healthy Choices Maze



The Zip Line



 Lickety Split Slide and Sun Shade

Did You Know?

Children and youth should do 60 minutes (1 hour) or more of physical activity each day!

Physical activities should include:

Aerobic Activity

Example: Brisk walking or running

Muscle Strengthening

Example: Gymnastics or push ups

Bone Strengthening

Example: Jumping rope or running

Playing in age appropriate sports or activities is a great way to meet daily physical activity goals, while being social and having fun!

Play More at PlayWELL

Park Checklist:

- POE and Grow Garden 
- Healthy Choices Maze 
- Bone Balance
- Rib Rise & Nerve Net 
- Artery Slides
- Sun Shade 
- Lickety Split
- Zip Line
- Nutri-Climbing Wall
- Hand & Foot Pedals
- Stretching Station 

Did You Know?

The following PlayWELL Park attractions are wheelchair-friendly:

POE and Grow Garden

Healthy Choices Maze

Top of the Rib Rise, Nerve Net & Arteries

Sun Shade & Lickety Split

Stretching Station

