

# arbus

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## A Brush with Nature: Step Out, Paint Out mar 29-31

With over two miles of trails traversing thirteen distinct ecosystems, the Jacksonville Arboretum & Gardens offers a rich experience

of natural wonders on its one-hundred and twenty acres in East Arlington. In addition to monthly Yoga classes, fitness and nature walks, the Arboretum recently launched a new program to encourage children and families to walk for better health. Funded in part by the Blue Cross Blue Shield Florida Foundation, and as part of Healthy Kids Healthy Jax's community-wide Call to Action to reduce childhood obesity, Step Out in Nature is a fun and fitness competition between Arlington area elementary schools. Over a four month period, students can keep a log of steps walked on the program's website, [stepoutinnature.org](http://stepoutinnature.org), ending with awards going to the three top schools and twenty-five students in March. Although the competition is limited to the schools, anyone can count steps by using the new trail map and kiosk.

Another great way to get in the recommended ten thousand steps per day for improved health is to come out to the Arboretum's plein air painting invitational. This free event is a perfect pairing of art and nature where the public can explore the many trails while watching and interacting with over thirty-five of the region's premier landscape artists. Other activities include artists' demonstrations, live music, food vendors and a children's art area. All art is for sale on-site or at the ticketed Gala Reception & Sale on Saturday evening, March 31.

*The Arboretum, 1445 Millcoe Road, off Monument Road just east of 9A. [www.abrushwithnature.org](http://www.abrushwithnature.org) or call 635-2927.*