



National Park Service
U.S. Department of Interior

Chesapeake and Ohio Canal
National Historical Park

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C&O Canal National Historical Park News Release

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Celebrating Park Rx Day: “One Health: Your Health & the Park’s Health”

Potomac, MD- Join us on Sunday, April 23, 2017 at 11:00 am at the Chesapeake and Ohio Canal National Historical Park’s (C&O Canal) Great Falls Tavern as we celebrate Park Rx day with a Volunteer-in-Parks speaker series presentation by Susan Howard, a seasoned international public health professional and PhD candidate in environmental science. Susan will engage discussion on the intersection of wildlife, the ecosystem and human health, including topics such as the role that invasive plants play in the emergence of Lyme disease, how trash serves as a breeding ground for mosquitos, and why the “dogs on leash” policy is a way to protect visitors from rabies.

Howard, an active volunteer with the C&O Canal Palisades District Bike Patrol, has been involved with the park in efforts to develop a “One Health” plan. As a PhD student in environmental science at George Mason University, Howard is interested in studying the role that interactive videos and games might have in fostering healthy behaviors and practices, including conservation stewardship in national parks. She will share recommended risk reduction practices for park visitors including preventive public health actions and conservation measures for park volunteers and employees.


This presentation has been planned in conjunction with National Park Rx day. Park Rx Day is a day for people everywhere to give themselves the gift of good health, with a walk in the park, and to celebrate the growing Park Rx movement that has doctors prescribing time in parks to their patients to improve their health. Park Rx Day aligns with the U.S. Surgeon General’s “Step It Up!” campaign by promoting walking outside in parks and creating walkable communities to improve people’s health.

The program is free, but there is an entrance fee to the park of \$10.00 per single vehicle. Space is limited to the first 25 guests. If you would like to attend this event, please RSVP with your name and how many will be in your party. For more information or to RSVP, please contact Kelsey Smith, Assistant Volunteer Coordinator, at chohvip@gmail.com. The Great Falls Tavern is located at 11710 MacArthur Blvd., Potomac, MD 20854.

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The National Park Service cares for special places saved by the American people so that all may experience our heritage.



ABOUT THE C&O Canal: The Chesapeake and Ohio Canal National Historical Park preserves and interprets the historical, natural and recreational resources of the C&O Canal. Over 5,000,000 visitors a year enjoy the opportunities for recreation and understanding that the Park has to offer. For more information, visit the Park's website at www.nps.gov/choh.