

Respectful and Safe Wildlife Viewing

While hiking the trails you might encounter wildlife. Please practice the following:

- Give wildlife plenty of space by viewing from a distance. Be especially careful not to approach a female moose with a calf.
- Avoid using calls or devices to attract wildlife.
- Let animals eat their natural foods.
- Keep dogs on a leash at all times.



To learn more about the 1049 Mile Fitness Walking Program contact:

**TCC Diabetes Program
Hozelleeh Denh Lifestyle Center
122 1st Ave
Fairbanks, AK 99701
907-451-6682 x 3773
1-800-478-6682 x 3773**

<http://www.tananachiefs.org/health/diabetes.shtml>

To learn more about Creamer's Field Migratory Waterfowl Refuge and available programs contact:

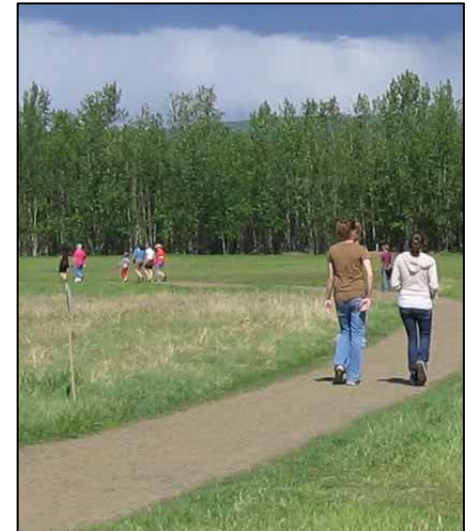
**Friends of Creamer's Field
PO Box 81065
Fairbanks, AK 99708
907-452-5162**

The Healthy Walk in the Woods program is a partnership with Alaska Department of Fish and Game, Chief Andrew Isaac Health Center, Friends of Creamer's field, and U.S. Fish & Wildlife Service.

Healthy Walk in the Woods

Would you like to lower your blood pressure, cholesterol and blood sugar, reduce stress, and enjoy more quality time with your family?

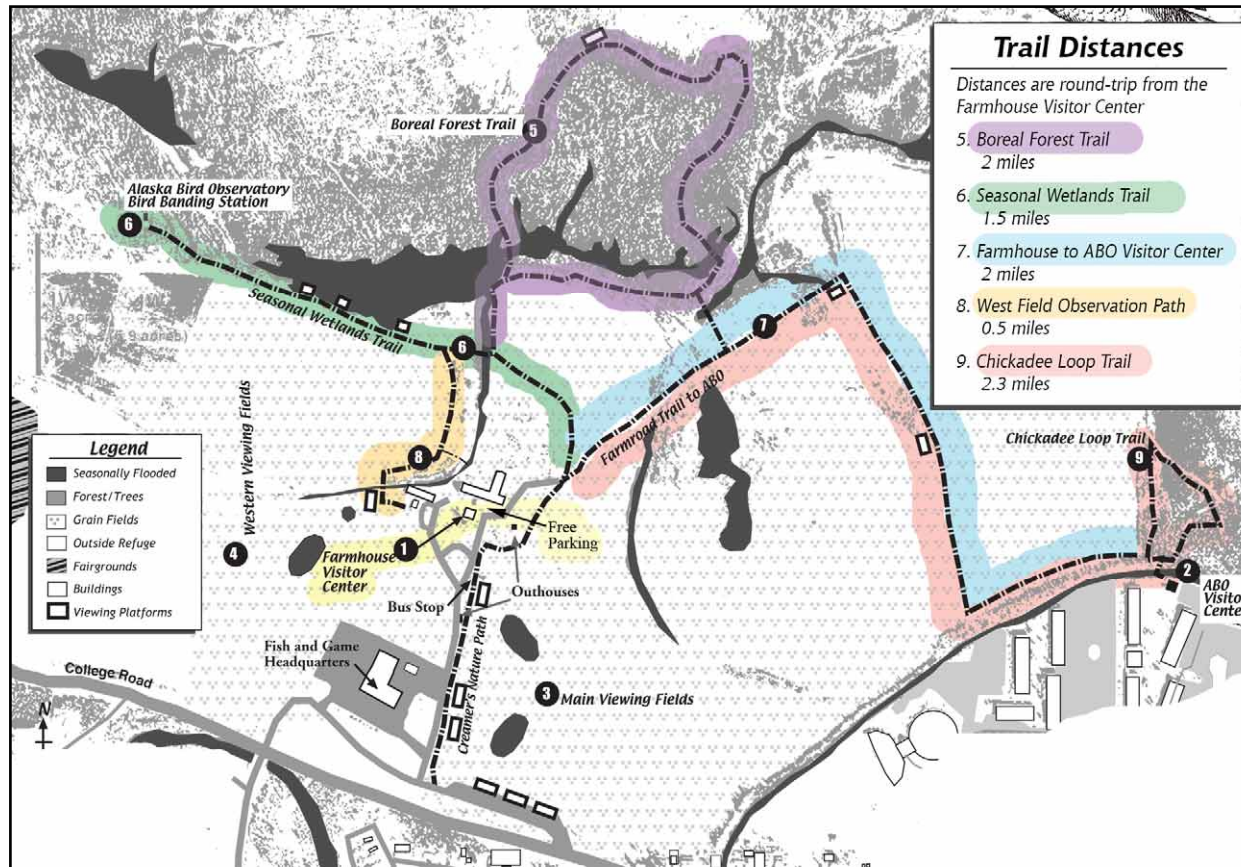
It might be as simple as taking a Healthy Walk in the Woods!



Join Friends of Creamer's Field staff for these guided aerobic walks:

The summer 2009 schedule will be posted when it becomes available.

Healthy Walk in the Woods



Directions to Creamer's Field Migratory Waterfowl Refuge

Creamer's Field trails and the Farmhouse Visitor Center are located at 1300 College Road. Park at the Farmhouse Visitor Center to access the trails. During the summer the Visitor Center is open 10am-5pm daily. There is a bus stop nearby on College Road.

Scheduled Nature Walks

These walks are free. No registration is required. They're a great way to learn the trails and have some walking company.

Walks begin at the Farmhouse Visitor Center from June through August:

- 10-11 am Monday thru Friday
- 7-8 pm Wednesday

Backpacks and Pedometers Available

When you visit Creamer's Field Migratory Waterfowl Refuge you are welcome to visit the Farmhouse Visitor Center and check out a pedometer or a backpack to take on the trail.

Backpacks for adults interested in aerobic exercise include a pedometer, binoculars, bug dope, water bottle, trail map, and information about moose safety. Backpacks for families include all of the above and more! These backpacks also include bubbles, a sketchbook with art supplies, and a magnifying glass to help you have fun and enjoy nature.

1049 Mile Fitness Walking Program

Be recognized for having walked the equivalent of the Iditarod Trail and receive a prize.

Register for the 1049 Mile Fitness Walking Program and receive a free pedometer! You'll record miles walked in your community.

Ask your care provider for a registration form and mail to Hozelleeh Denh Lifestyle Center, 122 1st Ave, Fairbanks, AK 99701 or FAX it to 907-459-3966.