

Don't Get Lost

Discover the health and well-being benefits of orienteering



Boost Cardiovascular

Health



Build Strength and Endurance



Develop Balance and Coordination



Advance Executive Function ing Skills



Improve Cognitive Development



Increase Self-esteem and Confidence



Reduce Stress and Anxiety



Learn Selfreliance



Promote Diversity, Equity and Inclusion



Expand Social Connections

Check out Orienteering in Newton at <u>www.newtonma.gov/parks</u>