

FOR IMMEDIATE RELEASE

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ENJOY LEE COUNTY PARKS & RECREATION WITH YOUR VALENTINE

Fort Myers, FL, Feb. 7, 2012 — Valentine's Day doesn't have to be about chocolate. An array of programs and on-your-own activities with Lee County Parks & Recreation can keep you and your sweetie entertained, fit or feeling outdoorsy.

A sampling of offerings for Valentine's Day week:

Monday, Feb. 13:

Guided nature walks at the slough: Enjoy a free guided walk on a fully accessible boardwalk trail just shy of a mile. No registration necessary. 9:30 a.m. and 1:30 p.m. at Six Mile Cypress Slough Preserve, south Fort Myers. (239) 533-7556.

For the love of the game: Watch the Early Bird High School Baseball Tournament, an after-school/evening event Feb. 13-17 at historic Terry Park just east of downtown Fort Myers. Admission: \$5; free parking. (239) 533-7425.

Tuesday, Feb. 14:

Yoga Fitness: A beginner-level class like Yoga Fitness builds strength, improves flexibility and calms the soul. 9:30 a.m. at Estero Community Park in south Lee County. Admission: \$30 for once a week sessions or \$45 for twice weekly; one-time membership to the recreation center also necessary. (239) 498-0415.

Art in nature: Bring queen palm fronds and coconut palm "fabric" to create an animal and frond art. 12:30 p.m. at Six Mile Cypress Slough Preserve, south Fort Myers. \$25. (239) 533-7556.

Wednesday, Feb. 15:

Florida-friendly landscaping: Have your personal landscaping/gardening questions answered by a trained Master Gardener volunteer who also can show you the nine principles of the Florida Yards & Neighborhood program. Guided tours are offered at 10:30 a.m. at the FYN demo landscape at Rutenberg Park's Eco Living Center, south Fort Myers. Free. (239) 533-7514.

Saturday, Feb. 18:

Take a hike with your sweetie: Conservation 20/20 preserves offer a walk on the wild side. See a map and trail information at www.Conservation2020.org. Or plan to attend the 9 a.m. Feb. 18 guided walk at Prairie Pines Preserve in North Fort Myers. (239) 707-2206.

All week long:

Fido fun fest. Parks & Recreation has parks in each corner of the county for dogs to romp. Parks feature large-dog and small-dog areas; some parks and preserves have on-leash dog options. Find the one nearest you at www.leeparks.org/dog-friendly/index.html

Enjoy a stroll through Fort Myers' version of Central Park: Lakes Regional Park is a green gem amid bustling south Fort Myers. From its serene lakes and bicycle paths to its picnic pavilions and railroad museum, it has something for everyone. Free admission; parking fee. (239) 533-7575.

"If you're searching for ways to improve yourself or just enjoy life more – especially with someone special – the countywide parks, preserves and facilities have something for you," said Barbara Manzo, director of Lee County Parks & Recreation.

Complete details online at www.leeparks.org. Or pick up a copy of the "RecreationalLee Yours" brochure, which hit racks in Lee County parks and facilities Feb. 6.