



St. Luke's Land and Lake Adventure

SUMMARY

- St. Lukes Land and Lake Adventure was held on Sunday, September 13th at Nockamixon State Park. The purpose of the event was to provide an outdoor venue for community members to participate in various outdoor activities and provide health information and screenings.

HIGHLIGHTS

- Free Health Screenings / Information in the areas of : Mammography , Cholesterol, Blood Pressure, Bone Density , Sleepiness Studies. Physical Therapy, Behavior Health, Medicine Brown Bag, Trauma and Concussion Awareness, along with the presence of the St. Luke's Health Van.
- The event also included free paddle boarding, kayaking, a 2 miles hike and bike, yoga and kick-boxing class, food catered by St. Luke's Food Services and for sale by the Perk Up Food Truck.

SUCSESSES

- First year event saw 60-75 people in attendance
- We were able to tie this event into the St. Luke's Network Tail on the Trail program and offer an event in the Quakertown region for the local community to have more convenient access to.



CHALLENGES & NEXT STEPS

- An uncontrollable factor in any outdoor event is the weather. We had a rainy weekend during the event and it contributed to lower attendance rates than predicted.
- Next year we will look to hold the event in August in hopes of warmer weather
- We will also look to bring in new offerings to entice more people to join us.