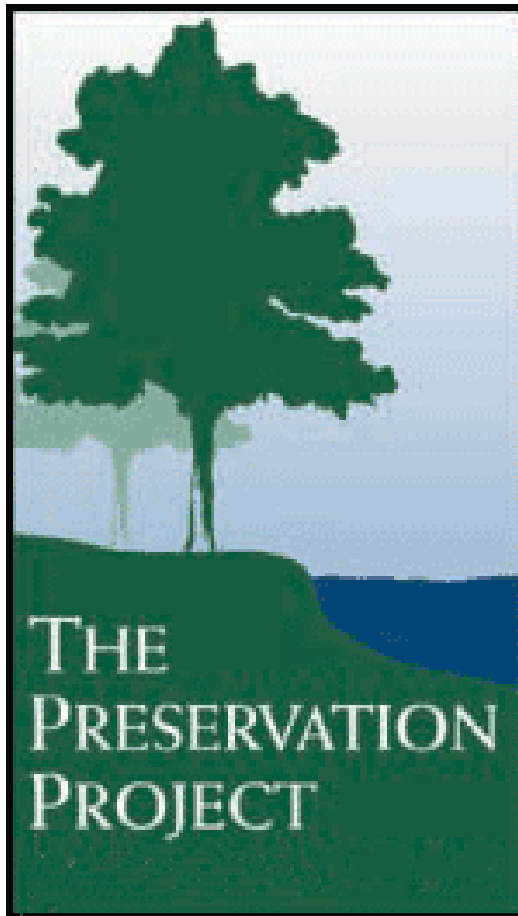


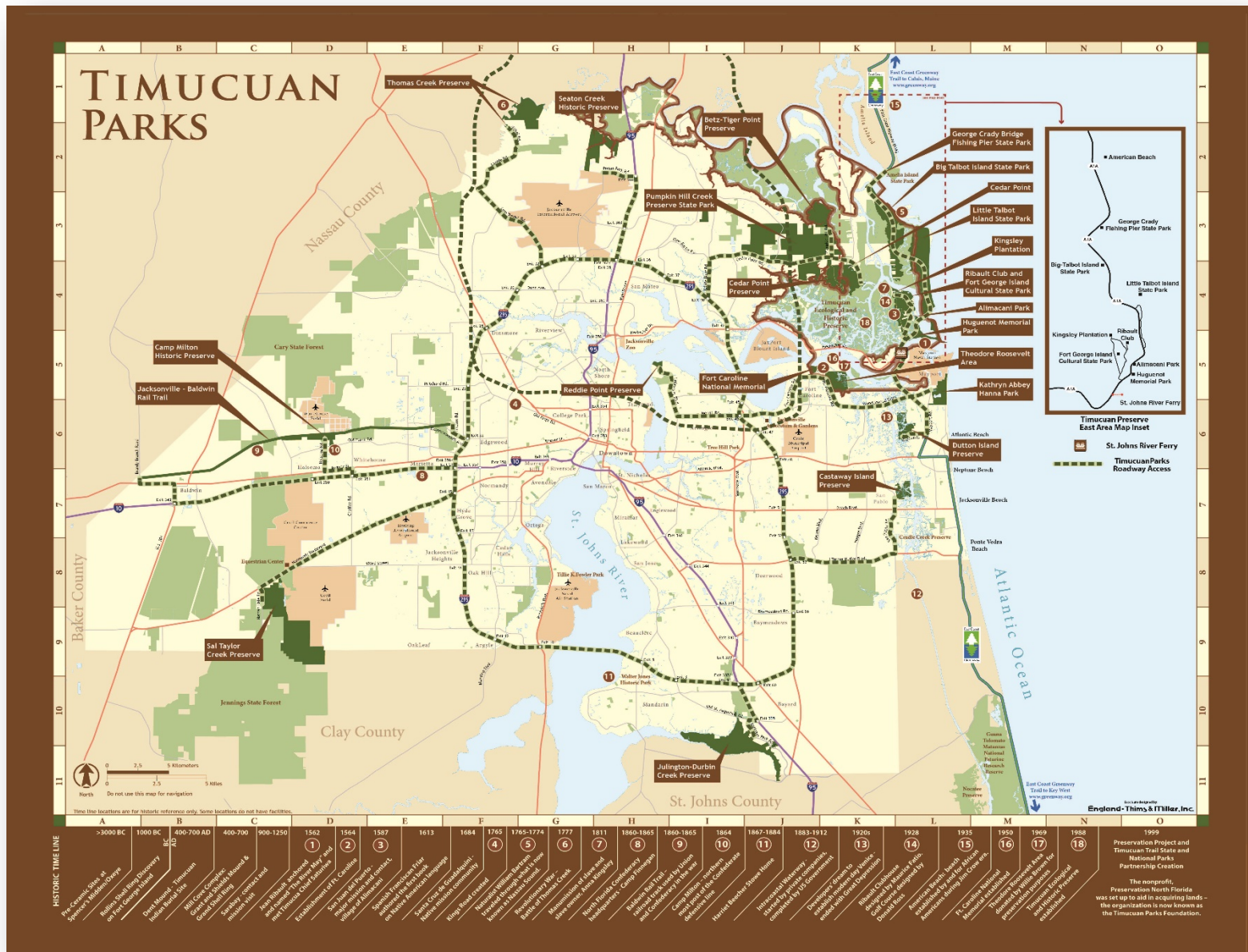


**TIMUCUAN**  
PARKS FOUNDATION

# TIMUCUAN TRAIL

## State and National Parks





JACKSONVILLE IS HOME TO THE **LARGEST**  
 URBAN PARK SYSTEM IN THE UNITED STATES



## Cedar Point Preserve

Photo by Will Dickey



Thomas Creek Preserve



**Little Talbot Island State Park**



## Theodore Roosevelt Area

Photo by Will Dickey



**Big Talbot Island State Park**





## Jacksonville-Baldwin Rail Trail

Photo by Will Dickey



Dutton Island Preserve



**Kathryn Abbey Hanna Park**

Photo by Tom Schifanella



Kathryn Abbey Hanna Park



**Huguenot Memorial Park**

Photo by Mark Middlebrook



Dutton Island Preserve





**Big Talbot Island State Park**

Photo by Will Dickey





**TIMUCUAN PARKS  
FOUNDATION  
Health Initiative**

Parks provide  
unique  
opportunities  
to improve  
physical and  
mental health

# Connecting with the health community



# Therapeutic Parks Advisory Group

<b>Dr. Todd Sack</b>	Timucuan Parks Foundation Borland-Groover Clinic	Board member, Timucuan Parks Foundation Retired, Gastroenterology & Hepatology, Borland-Groover Clinic
<b>Dr. Kenneth Ngo</b>	Brooks Rehabilitation Hospital	Medical Director, Brain Injury Program Comprehensive Spasticity Management Program Associate Medical Director, Brooks Rehabilitation Hospital
<b>Dr. Michael Justiss</b>	Jacksonville University, Brooks Rehabilitation College of Healthcare Sciences	Associate Professor and Department Chair of the Doctor of Occupational Therapy
<b>Dr. Heather Hausenblas</b>	Jacksonville University, Brooks Rehabilitation College of Healthcare Sciences	Associate Dean, School of Applied Health Sciences Professor, Department of Kinesiology
<b>Dr. Cesar Keller</b>	Mayo Clinic	Critical Care Specialist, Internist, Pulmonologist
<b>Dr. John Odell</b>	Mayo Clinic	Thoracic and Cardiac Surgeon
<b>Valerie Callahan</b>	Mayo Clinic, Gabriel House of Care	Executive Director
<b>Dr. Erin Largo-Wight</b>	University of North Florida	Associate Professor & Program Director, Department of Public Health, Brooks College of Health
<b>Daryl Joseph</b>	City of Jacksonville, Parks, Recreation and Community Services	Director

# Park Design



Castaway Island Preserve

Photo by Will Dickey







# Virtual Reality: Bringing Parks to Patients





# Community outreach and wellness programming



# Community outreach and wellness programming

## Jacksonville's Timucuan Parks: Passport to Health



### R<sub>x</sub> for Outdoor Activity

Name \_\_\_\_\_

Date \_\_\_\_\_

**My Schedule** *(when and where will you play outside this week?)*

Weekdays \_\_\_\_\_

Weekends \_\_\_\_\_

Parent/Child signature \_\_\_\_\_

Health Care Provider signature \_\_\_\_\_

**Go Outside and:**

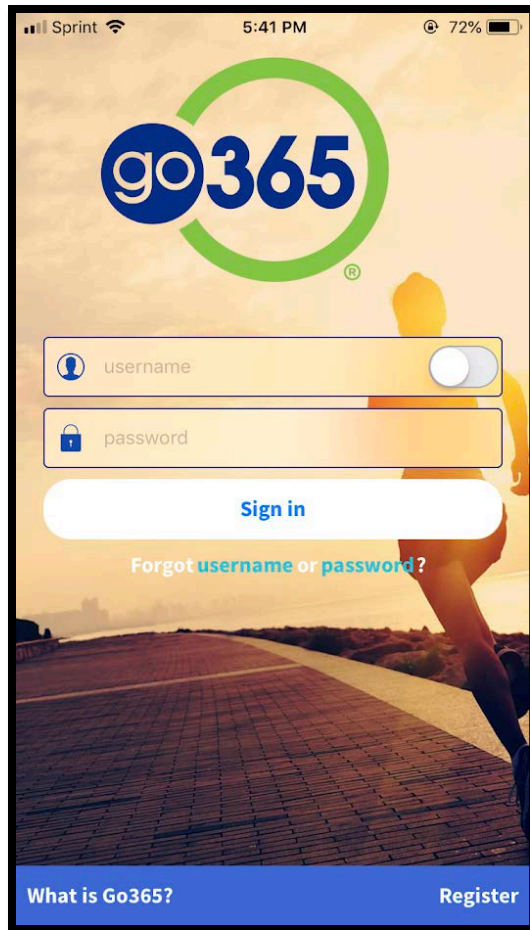
- Play!
- Visit a park, forest, wildlife refuge, fish hatchery, playground, or nature center
- Take a walk around the block
- Ride bikes (wear a helmet!), go bird watching, or just explore.

Comments: \_\_\_\_\_

Health & Environment  
National Environmental Education Foundation

Logos for various organizations including the University of Florida and Jacksonville.

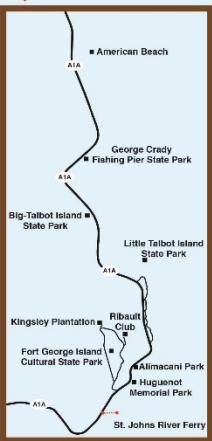
# Employee Wellness Programs



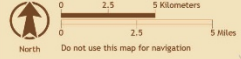
# Humana



# TIMUCUAN PARKS



Timucuan Preserve East Area Map Inset  
 St. Johns River Ferry  
 Timucuan Parks Roadway Access



Time line locations are for historic reference only. Some locations do not have facilities.

HISTORIC TIME LINE	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O											
	>3000 BC	1000 BC	400-700 AD	900-1250	1562	1564	1587	1613	1684	1765	1765-1774	1777	1811	1860-1865	1860-1865	1864	1867-1884	1883-1912	1920s	1928	1935	1950	1969	1977	1988	1999
	Pre-Ceramic Sites at Springer's Midden/Overse	Bollins-Sheal Ring Discovery on Ft. George Island	Duval Mound - Timucuan Indian Burial Site	Hill Cove Complex - Grant and Shields Mound & Shell Ring - Indian Mound	Juan Ribault - anchored and named the river Bay and the Timucua Chief Saturiwa	Establishment of Ft. Caroline	San Juan de Inveron - major trade and contact village of Timucuan	Spanish 1st American Flag at New American Range	King Road created	Timucuan William Bartram travels through what is now known as Lake Wales	Revolutionary War - also owner of Thomas Creek	North Florida Confederates - Camp of Pinehug	Baldwin and Hill - railroad tracks used by Union and Confederate in this area	Camp Milton - northernmost point of Ft. de la Conde	Harris Beach - Stone home	Intercostal Highway started by private company, completed by US Government	Development of drainage establish modern day Venice - started with Great Depression	Ribault Clubhouse designed by Clarence King - Great Cove established by donee of trees	American beaches - beach established by one of African Americans during an Civil war	Ft. Caroline National Memorial established	Theodore Roosevelt Area donated by Willie Brown for preservation purposes	Timucuan Ecological and Historic Preserve established				Preservation Project and Timucuan Trail State and National Parks Partnership Creation
					1	2	3		4	5	6	7	8	9	10	11	12	13	14	15	16	17	18			

The nonprofit, Preservation North Florida was set up to aid in acquiring lands - the organization is now known as the Timucuan Parks Foundation.

England-Thim & Miller, Inc.

# Beacon Launch

## June 27



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Published: June 27, 2018



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- Relocate to JAX
- Business Resources

**SEARCH MEMBER DIRECTORY**

Match type: All



**GO365 BY HUMANA TEAMS WITH TIMUCUAN PARKS FOUNDATION TO REWARD MEMBERS FOR GETTING ACTIVE IN NATURE**

Jacksonville is home to the first U.S. parks system to use the Humana-patented beacons which reward Go365 members for spending time at area parks

Published Thursday, June 28, 2018

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