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**FOR IMMEDIATE RELEASE:**

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**BROWN COUNTY HOSTS 2015 WINTER WELLNESS WEEKEND**

*Enjoy the beauty and fun of Brown County in the winter, January 16-18*

**NASHVILLE, Ind., (January 6, 2015)** – Don't let the winter blues get you down. Instead of being stuck indoors with nothing to do this winter, make plans to participate in Brown County's Winter Wellness Weekend, January 16-18. Shake off that cabin fever and enjoy the beauty and fun of winter in Brown County.

Brown County's Winter Wellness Weekend has plenty of activities, both indoor and outdoor, designed to break up the winter monotony and get you moving. For those wanting to get some fresh air, there will be a Winter Hike in the Brown County State Park on Saturday, January 17. Hikers can travel along one of two self-guided trails through the Park, ranging in distance from 2.75 to 3.5 miles. DNR interpreters will greet hikers with winter wildlife facts along the way and s'mores will be provided by Local Boy Scout Troop 190 for a tasty hiker pick-me-up. Warm drinks will also be available at the Abe Martin Lodge in the State Park. The cost for this event is only \$1 and it begins at 9:00 a.m.

Both before and after the Winter Hike, food will be served at the Little Gem Restaurant at the Abe Martin Lodge. Hikers can enjoy Breakfast with the Naturalists beginning at 7:00 a.m., as well as a Hiker's Lunch Buffet from 11:00 a.m. - 2:00 p.m.

For those up for a little more adventure, there will be a challenging 5.2 mile trail run (or walk) on the scenic trails of the Brown County State Park. The Frosty Trails 5 Mile race, sponsored by Indiana Running Company and Quaff ON!/Big Woods Brewing Company, begins at 10:30 a.m. on Saturday, January 17. After the run, participants are welcome to warm up in the shelter house with food, drinks and a fire. Early registration online through January 15 (\$25) at [www.inrunco.com/frostytrails5mile](http://www.inrunco.com/frostytrails5mile) or register in person January 16-17 for \$30.

A new outdoor event for 2015 is The Frigid Race, a four-hour rogaine hosted by eXplore Brown County and 361 Adventures. On Saturday, January 17, participants will be able to try their hand at orienteering as they navigate the rolling hills of Brown County using a map and compass to locate checkpoints. There will be a four-hour rogaine during the day beginning at 11:00 a.m., followed by another four-hour rogaine in the evening starting at 5:00 p.m. Individuals can participate in either rogaine or both if they are really feeling up for a challenge! The Frigid Race is for individual competitors or teams of two to four.

Pricing is as follows: \$60 for the day/night combo or \$40 for either race individually. Register online by January 13 at [www.361adventures.com/frigid](http://www.361adventures.com/frigid).

Get just a taste of Winter Wellness Weekend and the brisk, fresh air on the Tea-zer Hike, hosted by the Brown County Visitors Center. Meet at the Visitors Center on Saturday, January 17 at 1:00 p.m. to depart on a short walk along the Salt Creek Trail. End the walk at Sweetea's Tea Shop at 2:00 p.m. where there will be a brief tea talk and tasting. Learn the health benefits of tea, its leaves, steeping, and other ingredients and of course enjoy some samples. All are welcome to attend either the walk, tea talk, or both for free.

Wanting to participate in Winter Wellness Weekend but don't want to get out in the cold? Check out Warm Up From Within, a mind/body/spirit exploration that absorbs the senses, the mind, and the creative spirit. Hosted by River Light Yoga, Warm Up From Within is designed to lift the spirit and help you begin the New Year in a stimulating way. Workshops will be offered Friday, January 16 – Sunday, January 18 and include Tai Chi, different types of yoga, drumming and belly dancing, meditation, poetry, reiki and much more.

“Warm Up From Within provides an opportunity in a quiet setting after the chaos of the holidays to really just play,” says Lee Edgren, instructor and owner of River Light Yoga. “It’s to help us get our own creative ground under our own feet as we move into the new year.” The entire event costs one fee of \$65 with the option to attend any or all workshops. For a complete schedule of daily activities and to register, visit <http://www.eventbrite.com/e/winter-wellness-weekend-warm-up-from-within-tickets-10252763291>. On Friday, January 16 there will also be a Free Friday Kickoff for the event, including Tai Chi and a movie, beginning at 5:00 p.m. All are welcome to attend.

Other Winter Wellness events will be going on around town too, such as the YMCA Community Day. On Saturday, January 17 from 7 a.m. - 3 p.m., the Brown County YMCA will be open to the public. Use the equipment, courts, indoor track, sauna and indoor pool free of charge.

Don't let winter get you down. Mark your calendars now for Brown County's Winter Wellness Weekend this January and avoid those winter blues. For more information on Winter Wellness events and activities, please visit [www.winterwellnessweekend.com](http://www.winterwellnessweekend.com) or call the Brown County Convention and Visitors Bureau at (812) 988-7303.

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