



FAIRFIELD
FORWARD

PARKS & RECREATION
Fairfield County



FITNESS **CENTER**

Fairfield Forward has invested in fitness equipment, allowing residents who are 18 and older to exercise at Drawdy Park. This is a great opportunity for adults to stay fit and have fun while doing it.

Physical activity has numerous benefits, such as improving brain health, managing weight, reducing the risk of disease, strengthening bones and muscles, and enhancing the ability to perform everyday activities. adults who sit less.



Visit Our Website
www.fairfieldforward.org



Drawdy Park
702 8th St, Winnsboro, South Carolina