

## March 2020 Calendar of Local Events



**March 1 WDVX Downtown 3-6pm FREE** Blackhorse Brewery on Gay St hosting the new WDVX Downtown Jam. Banjos, fiddles, mandolins, and guitars all welcome. This is a great opportunity to meet new musical friends, learn tunes and jam!!

**Monday Nights Bearden Beer Market 6:30pm FREE** Join at 4524 Old Kingston Pike for their Group Fun Run or Walk through the neighborhood. Open to all levels of walkers and runners.

**First Friday Monthly Art Walk 5pm FREE** walk the streets of downtown Knoxville Market Square area for art, music, and food on the 1<sup>st</sup> Friday of each month. A great way to start each month!

**Every Tuesday Night Ride 6pm FREE** Come ride every Tuesday night at 126 North Forest Park Blvd at Bearden Bike and Trail

**Every Wednesday Knox Comedy 8pm FREE** Come listen to comedy every wednesday at Scruffy City Hall

**Every Saturday Red Devil Crossfit 9-11am FREE** community workout every Saturday at 6970 Maynardville Pike

**Every Saturday Creature Feature Ijams Nature Center 10am FREE** Enjoy the outdoors at 2915 Island Home Avenue

**March 7 & March 21 Winter Farmers Market 10am-2pm FREE** Come to a farmers market at Central United Methodist Church located at 201 E Third Ave

**March 17 Mardi Growl 11am FREE** A Pet parade steps off from Willow Avenue in downtown Knoxville, winds through the old city and ends at the judging booth in Krutch Park and Market Square

**March 14 Knox St. Patrick's Day Parade and Cel-O'bragh-tion 1pm FREE** Celebrate St. Patrick's Day on Market Square. The parade starts at 1pm and the Cel-O'bragh-tion is post parade and will include some entertainment from bands and yummy food

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## Benefits of regular physical activity

If you are regularly physically active, you may:

- reduce your risk of a heart attack
- manage your weight better
- have a lower blood cholesterol level
- lower the risk of type 2 diabetes and some cancers
- have lower blood pressure
- have stronger bones, muscles and joints and lower risk of developing osteoporosis
- lower your risk of falls
- recover better from periods of hospitalization or bed rest
- feel better – with more energy, a better mood, feel more relaxed and sleep better.

## A healthier state of mind

A number of studies have found that exercise helps depression. There are many views as to how exercise helps people with depression:

- Exercise may block negative thoughts or distract you from daily worries.
- Exercising with others provides an opportunity for increased social contact.
- Increased fitness may lift your mood and improve your sleep patterns.
- Exercise may also change levels of chemicals in your brain, such as serotonin, endorphins and stress hormones.

**\*Talk to your Medical Provider before starting a rigorous exercise program.**

Resource: [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au)