



In our continuing effort to promote a culture of wellness at the College of Medicine, the Office of Student Counseling Services reminds all students of the many resources available at FSU and in Tallahassee for students, their significant others, and children. We encourage all students to build time for yourself, friends, family, and significant others during the academic year. Below are some ideas for local events, activities, and other resources.

Tallahassee Outdoors and Exercise

- Nearby beaches, springs, and wildlife refuge:
 - [Alligator Point \(has public beach access\); Bald Point State Park](#)
 - [St. George Island](#)
 - [Florida State Parks](#)
 - [Wakulla Springs](#)
 - [St. Marks Wildlife Refuge](#)
 - [More beaches](#): Carabelle Beach, Mashas Sands, Cape San Blas, Mexico Beach
- Tallahassee Parks:
 - Full list of [Tallahassee Parks & Trails](#)
 - [Tom Brown Park](#) (dog park, trails, disc golf, playgrounds for kids, 4th of July fireworks celebration, etc.)
 - [Cascades Park](#) (running/walking path, splash pad for kids, amphitheater, many local concerts/events, etc.)
- Tallahassee's [rock climbing gym](#)
- Trails, Running, Hiking:
 - [St. Marks bike trail](#) (Historic Railroad State Trail)
 - [Local list](#) of trails (Tallahassee – hiking, biking, riding, paddling)
- [FSU Campus Recreation](#): gyms, fitness classes, IM sports, aquatics, outdoors, etc.

Fun in Tallahassee

- [Tallahassee Events Calendar](#)
- In the fall, Friday nights on football home game weekends:
Friday Night Block Party (CollegeTown) or NorthTown GetDown (Bannerman Crossings)
- [CollegeTown](#) district
- [Railroad Square Art Park](#): First Friday events (currently recovering from storm damage)
 - Flippin' Great Pinball, art galleries, thrift stores, and more
- [Tallahassee Museum](#): Zip line, Florida History, and Native Animals
- Yelp's list of [10 Best Museums](#) in TLH
- FSU Flying High Circus (currently closed due to storm damage)
- [Local Tallahassee Restaurant Directory](#) via Tallahassee Foodies
- Festivals: Springtime Tallahassee, Tallahassee Jazz & Blues Festival, Greek Festival, BrewFest, Word of South, Tallahassee Winter Festival, etc. These are just a few, and many others are throughout the year; be sure to check local events calendars for more festivals.

Significant Others, Children, & Families

- <https://www.amaalliance.org/>
- [FSU Center for Couples and Families](#)
- CoM Lactation Rooms – Main Building 4404A; Research Bldg 3320F
(Medela Lactina Select breast pump available, donated by Tallahassee Memorial HealthCare)
- [Fun4TallyKids](#): All things for kids in Tallahassee, including family-friendly events calendar
- [Facebook Group](#) for Tallahassee Moms/Parents:

Other Helpful Resources

- [Tallahassee events calendar](#), dining, and exploring (VisitTallahassee.com)
- [Student Universe](#) – Flights/Airfare
- If you have a hobby that you love, chances are FSU or another local Tallahassee group has a club for it (e.g., music, running, cooking, dancing, drama/acting, chorus, etc.) It may be helpful to search the FSU website for campus groups, or google for groups in Tallahassee.