



Reflect, Refresh & Relax

Ways to welcome a little wellness this winter

Spend time outdoors by taking a stroll around Northside Park

Head to the beach for a bit of sunrise meditation

Find a local fitness class for a refreshing yoga session

Get in touch with nature. Visit Assateague Island Seashore to admire the wild ponies and deer from a distance

Discover retail therapy at Ocean City Outlets & local shops

Exercise your mind at the OC Life-Saving Station Museum - learn about our rich local history & the women who pioneered hospitality!

Keep restaurants cookin' - order carry-out!