



GET HEALTHY WALK N' TALK

SATURDAY SEPTEMBER 17, 2016 *
10 AM-11:30 AM

Location: Old Mine Park

Walk will start inside Old Mine Park and continue to
Whitney Ave. 3.2 Miles Round Trip



Come walk with us!

We invite the Trumbull community to take a walk with local healthcare professionals on Saturday morning at Old Mine Park.

Walk will include:

- ◆ **1 hour walk with local health care professionals, a Historian and Trumbull's First Selectman**
- ◆ **Giveaways and refreshments**

Participating Health Care Professionals:
Endocrinologist, Trauma and General Surgeon,
Internal Medicine

DID YOU KNOW?

Walking can help aid in weight loss, improve breathing, improve circulation, strengthen bones, reduce stress, improve sleep, and prevent or manage chronic diseases.

*Rain date Sunday September 18th



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