

Get Healthy Walk 'N Talk

Take a walk with local doctors.



Saturday, Oct. 8, 15, 22 and 29
9 am - 10:30 am

Farmington Canal Trail, Thompson Street
between Newhall and Shelton Streets

Walk will begin at entrance on Thompson and walk north towards Hamden, returning back along the same route (approx. 2 miles)

Interested in walking?

Register at [eventbrite.com](https://www.eventbrite.com)
(search for Get Healthy Walk 'N Talk)
Please arrive by 8:45 am on each walk day.
Attend as many walks as you can!

For more information, contact Andy Orefice
at 203-688-5671 or andrew.orefice@ynhh.org.

Join us on Saturday mornings at
Farmington Canal Trail to:

- Discuss different health topics each week
- Walk for 1 hour with local healthcare professionals
- Receive a free giveaway for all walkers

To find out more about Get Healthy CT,
visit gethealthyct.org.