

Get Healthy Walk 'N Talk

Take a walk with local doctors.



**Each Saturday in April, May and June
9 am - 10:30 am**

**Farmington Canal Greenway Trail, corner of
Shelton Ave. and Starr St., New Haven**

Walk will begin at entrance on Starr St. and walk north towards Hamden, returning back along the same route (approx. 2 miles). Parking is available at New Freedom Missionary Baptist Church, 280 Starr St., New Haven.

Interested in walking?

Register at ynhh.org/events or by calling 888-700-6543.

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 on the
Farmington Canal Greenway Trail:**

- Discuss different health topics each week
- Walk for 1 hour with local healthcare professionals
- Improve your health

All ages and fitness levels are welcome!

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