

# 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](http://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](mailto: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](http://gethealthyct.org).