



GET HEALTHY WALK 'N TALK

SATURDAYS, MAY 6 – JUNE 10
9:00 AM -10:30 AM

SEASIDE PARK

- Get physical activity while talking with local healthcare professionals
- Discuss different health topics and get advice on how to improve your health or the health of your family
- Open to all ages and fitness levels

**SEASIDE PARK IN
BRIDGEPORT
West Beach Bath
House**

**PLEASE ARRIVE
ABOUT 15 MINUTES
BEFORE THE START
OF EACH WALK**

**REGISTER AT
WWW.EVENTBRITE.COM**

**SEARCH FOR
“GET HEALTHY
WALK 'N TALK”**



Sponsored by:

**City of Bridgeport Department of
Health and Social Services &
Get Healthy CT**