

# GET HEALTHY WALK N' TALK

COME WALK WITH LOCAL HEALTHCARE PROVIDERS!!



## 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.

*Come walk with us!*

Get Healthy Walk N' Talk is a first-time group walk created to encourage community members to get physical exercise while talking to local health professionals.

Walk will include:

- ♦ **1 hour walk with local healthcare professionals**
- ♦ **Giveaways and refreshments**
- ♦ **Participating healthcare professionals:**  
Registered Dietitian, Nutritionist, Chiropractor, and Public Health Nurse

HAMMONASSET STATE PARK  
Greenway Trail

SATURDAY MAY 6, 2017

9:00AM – 12:00PM (3 one-hour sessions)



MADISON HEALTH DEPARTMENT  
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