



# Mother's Day Walk 'n Talk

Come take a walk  
with your local  
healthcare providers

Stratford Sea Wall  
53 Beach Drive  
Stratford, CT

Saturday, May 13<sup>th</sup>  
9:30 - 11:00 a.m.

This Mother's Day themed walk allows mothers to make *the healthy choice the easy choice* by increasing their physical activity while talking to **doctors specializing in women's health!**

The walk is open to women of all ages and activity levels. Feel free to bring kids, dogs, and families, the more the merrier!

On walk day, please arrive to the Sea Wall at **9:15 a.m.**  
Our Mother's Day Walk 'n Talk is rain or shine, so have that umbrella on hand!

Register for this event at

<https://mothersdaywalktalk.eventbrite.com>



For more information, contact Kelley Meier at (203) 385-4090 or [kmeier@townofstratford.com](mailto:kmeier@townofstratford.com)