



**TAKE
a HIKE**

***Come join
Denali, Trumbull Nature &
Arts Center and the
Trumbull Health Department
for a Nature Hike.***

**Twin Brooks Park
White Plains Road,
Trumbull**

**Saturday, October
14, 2017**

**(Rain date: Saturday,
October 28th)**

10:00 – 11:30 a.m.

**Dress appropriately for
the weather.**

**Wear comfortable
shoes.**

- Hike will be approximately 1.5 miles.
- Terrain for the hike is moderate. No strollers or pets allowed.
- Discover the ecosystem and the many different habitats in the park with the Trumbull Nature and Arts Center Naturalist.
- Learn the 10 essential items needed for a safe hike and receive hiker safety tips from Denali.
- Prevent tick borne diseases. Tips provided by the Health Department
- All are welcome. Park passes are not required for this event.
- Call THD for more information at 203-452-1031.



Westfield Shopping Mall



Public Health
Prevent. Promote. Protect.
Trumbull Health Department