



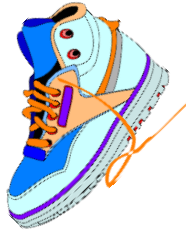
# HEALTHY WALK N' TALK



Sponsored by QUINNIPIACK VALLEY HEALTH DISTRICT

## Come walk with us!

Community members of all ages and fitness levels are invited to participate in a 1 hour walk with local health care professionals.



## Did you know?

Walking can help to improve your health. It can aid in weight loss, improve breathing, improve circulation, strengthen bones, reduce stress, improve sleep and prevent or improve chronic diseases!

DATE (Rain or Shine!)	TIME	PLACE
Saturday September 16	9:30-10:30 a.m.	Quinnipiac River State Park, North Haven
Saturday October 14	9:30-10:30 a.m.	Farmington River Canal, Putnam Ave. entrance, Hamden (Behind Walgreens)
Saturday October 21	9:30-10:30 a.m.	The Fitzgerald Tract, known as the Cornfield, Beecher Road, corner of Center Rd, Woodbridge



## Come join the fun!



Try one or all three! If you participate in all three you are eligible to win a prize!

Please register at EventBrite, [www.eventbrite.com](http://www.eventbrite.com), search "Healthy Walk 'n Talk" and your town and scroll down the page to find the event. Or you can call 203 248-4528.



**QVHD**

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**Public Health**  
Prevent. Promote. Protect.