

Get Healthy Walk 'N Talk

Join group walks with healthcare providers.



Every Saturday at 9 am beginning April 7

**Farmington Canal Greenway Trail, corner of
Shelton Ave. and Starr St., New Haven**

Walk will begin at entrance on Starr St. and lasts approximately one hour. Parking is available at New Freedom Missionary Baptist Church, 280 Starr St., New Haven.

Interested in walking?

Register at ynhh.org/events or by calling 888-700-6543. Please arrive by 8:45 am on each walk day. Attend as many walks as you can!

For more information, contact Andy Orefice at 203-688-5671 or andrew.orefice@ynhh.org.

**Join us on Saturday mornings on the
Farmington Canal Greenway Trail:**

- Get active in a fun and social environment
- Chat with healthcare providers
- Meet new friends

All ages and fitness levels are welcome!

To find out more about Get Healthy CT, visit gethealthyct.org.