



GET HEALTHY WALK 'N TALK

SATURDAYS, MAY 5 – JUNE 9
9:00 AM -10:30 AM

SEASIDE PARK

- Get physical activity while talking with local healthcare professionals
- Learn about a different health topic each week
- Open to all ages and fitness levels
- Attend all 6 walks and be entered into a drawing for some great prizes!

LOOK FOR OUR
BANNER NEAR
THE WEST BEACH
BATH HOUSE

PLEASE ARRIVE
ABOUT 15 MINUTES
BEFORE THE START
OF EACH WALK

REGISTER AT
WWW.EVENTBRITE.COM

SEARCH FOR
“GET HEALTHY
WALK 'N TALK”



Sponsored by:

City of Bridgeport Department of
Health and Social Services &
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