



# 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](http://WWW.EVENTBRITE.COM)

SEARCH FOR  
“GET HEALTHY  
WALK 'N TALK”



Sponsored by:

City of Bridgeport Department of  
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