



Milford Walk and Talk Series Spring 2019

Please join Milford Health Department for a **FREE*** 3 week walking series, and take a walk with local health care professionals. Open to all ages and activity levels. Feel free to bring kids, strollers, and friendly leashed dogs.

The more the merrier!

Walks begin at **9am*** at meeting locations below.

Alyssa Lavy
Nutrition & Wellness LLC

May 4th (May the 4th be with you) Star Wars Day!!

Location: Walnut Beach Boardwalk
Whether you're a fan or not, join local dietician Alyssa Lavy to discuss ways to manage weight and nutrition.



May 12th Mother's Day Walk with Milford Hospital @9:15am

Location: Milford Hospital
Come celebrate Mother's Day with Dr. Kramer, a local cardiologist
***Cost \$5** (for continental breakfast) registration needed
RSVP with Jennifer



May 18th Walk about Yoga with Traci Weber!!

Location: Walnut Beach Boardwalk
Come learn moves to incorporate into your own walk and strategies to help you relax .



**Questions? Contact Jennifer Clarke-Lofters,
Community Health Coordinator
203-701-4524**