

Walk 'N Talk

For Essential Workers

Saturday, September 25th, 2021 - 9:00 AM - 10:30 AM

Seaside Park in Bridgeport - West Beach Bath House

The COVID-19 pandemic taught us that we are all essential.

Now it is time to take care of you! We are inviting Greater Bridgeport residents to join us for a morning walk to learn ways to help you support your own health and well-being.

Free and open to all. Registration required.

Get physical activity while talking with local healthcare professionals



Discuss different health topics and get advice on how to improve your health or the health of your family



Register for FREE at
Eventbrite.com
Search "Walk 'N Talk"
OR Scan Code

Open to all ages and fitness levels



www.HIA-CT.org