



# GET HEALTHY WALK 'N TALK

**SATURDAYS, MAY 6 – JUNE 10**  
**9:00 AM -10:30 AM**

## **SEASIDE PARK**

- 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
- Open to all ages and fitness levels

**SEASIDE PARK IN  
BRIDGEPORT  
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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