



# Get Healthy Walk n' Talk



## DID YOU KNOW?

Walking can help aid in weight loss, improve breathing, improve circulation, strengthen bones, reduce stress, improve sleep, and prevent or manage chronic diseases.

## Come walk with us!

*The Get Healthy Walk n' Talk is a 4-week community walking series where the community is invited to take a walk with local health care professionals on Saturday mornings at Seaside Park. Each week will include:*

- **1 hour walk with local health care professionals**
- **30 minute health question and answer session**
- **Giveaways and refreshments**

Date & Time	Participating Health Care Professionals <small>*Subject to change*</small>
April 30th 10-11:30 am	Endocrinologist, Nutritionist, Internist
May 7th 10-11:30 am	Cardiologist, Pediatrician, Nutritionist, Midwife
May 14th 10-11:30 am	Nutritionist, Internist, Naturopath
May 21st 10-11:30 am	Nutritionist, Internist, Urgent Care Physician

### Interested in walking?

- Register for the walks at [www.eventbrite.com](http://www.eventbrite.com) and search for *Get Healthy Walk n' Talk*.
- All walks will start at Casino Beach, located in the middle of Seaside Park, near the horse stables. Just look for the Get Healthy CT table.
- Please arrive by 9:45 am on each walk day.
- You are welcome to attend as many of the walks as you can.
- Free parking!

**For questions, please contact Jonathan James at (203) 576-7680**

**To find out more about Get Healthy CT, visit  
[www.gethealthyct.org](http://www.gethealthyct.org)**