



Let's Move

with Get Healthy CT Coalition!



Walks are held on Wednesdays 5:30 to 6:30 pm
(In case of rain the walks will be held on Thursday)
Walks are mostly flat and range from 1 to 2 miles.
Each can be adapted depending on fitness levels.

Join us on these dates at these locations

- July 18th - Birdseye Municipal Complex, 468 Birdseye Street, Stratford
- Aug 1st - Washington Square Park, 298 Barnum Ave, Bridgeport
- Aug 15th - Short Beach, 1 Short Beach Rd, Stratford
- Aug 29th - Newfield Park, 698 Seaview Ave, Bridgeport
- Sept 12th - Roosevelt Forest, 700 Peters Lane, Stratford
- Sept 26th - Seaside Park (meet at Bath House) - Bridgeport

Join The
Get Healthy CT Coalition
Visit <http://www.gethealthyct.org/>

