

Join us to get in your 30 minutes of exercise a day AND learn something new about health!

The Chelmsford Board of Health welcomes you to join us as we walk on the Bruce Freeman Trail



## Walking Group

**1<sup>st</sup> and 3<sup>rd</sup> Thursday** of each month May – September:

**May 2<sup>nd</sup> & 16<sup>th</sup>**

**June 6<sup>th</sup> & 20<sup>th</sup>**

**July 18<sup>th</sup>** (\*please note we will **NOT** meet on July 4<sup>th</sup>)

**August 1<sup>st</sup> & 15<sup>th</sup>**

**September 5<sup>th</sup> & 19<sup>th</sup>**

Meet @ 110 Ballfield on the Bruce Freeman Trail  
@ 8:00a.m.

No registration required, just show up!

Please contact Amanda Glaser, Health Educator with any questions or concerns (978) 250-5241 x 7

