

Walking Group

The Health Department welcomes you to join us as we walk on the Bruce Freeman Rail Trail.

**Every 2nd & 4th Tuesday
May through September**

9:00AM – 9:30AM

**We meet at the 110 Ballfields
at the intersection of Fletcher
St. & Chelmsford St.**



It is a great way to get in your 30 minutes of exercise, socialize, and learn. A new health topic is discussed each time we meet!

Please wear comfortable and weather appropriate clothes & bring a water bottle.

***Please note: We will not meet if inclement weather.**

**For any questions or concerns, please contact Darcy or Amanda
at the Chelmsford Health Department:**

(978) 250-5241