

# 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**

**at the Chelmsford Health Department:**

**(978) 250-5241**