



MAY 23RD - 12NOON WALK WITH A DOC

MEET AT 192 PARK STREET

Park at 192 Park Street, at the intersection of Park and Ridgewood, just before the Hospital. Dr. Robert Cantu, of Connecticut Valley Orthopaedics is hosting this walk. He will give a brief talk before the walk and be available for questions though out the walk. This will be a looping course on the side streets off Park Street, avoiding hills for a gentle walk for everyone to enjoy.

Lunchtime Walk with a Doc

Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle. Walking is a great way to make strides to help your heart and improve your general health to live longer! While you walk at your own pace, you'll have the opportunity to have questions answered by local physicians.

Questions?

Call the
**Community Health
Team 802-886-8998**

**Get Walking!
Get Moving!**

SMCS - CHT

100 River Street
Springfield, VT 05156



**Get Walking - Get Moving -
Get Healthy**

