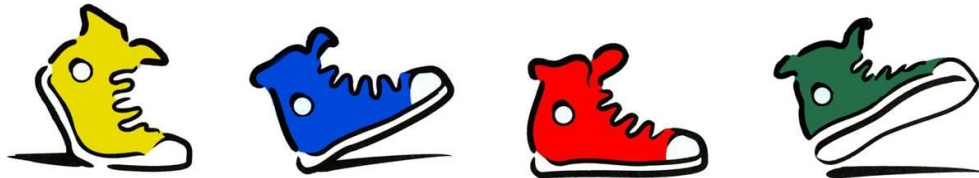


National Walking Day



On **Wednesday April 5, 2017**

The American Heart Association is sponsoring
National Walking Day!

On this day, Americans are encouraged to lace up their sneakers and take at least 30 minutes out of their day to get up and walk. It's a great way to raise awareness of the importance of physical activity and to get your family, friends and co-workers started on a healthier way of life.

PLEASE JOIN US

On the Pavilion River Walk to walk with your friends from Washington Primary School, the Washington Community and New Milford VNA and Hospice.

2:30-3:00

In the event of bad weather the walk will be held in the gym.



**Little Steps
BIG GAINS**

