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The Central CT Health District in partnership with the Town of Wethersfield's Parks and Recreation Department is hosting the first annual ***Heritage Trail Day*** on Saturday, April 25, 2009 from 11:00 am – 1:30 pm at the William J. Pitkin Community Center in Wethersfield. This is a **FREE** event open to all Wethersfield residents and their families.

This event is a kick-off for the completion and opening of the newly expanded Heritage Way Bikeway & Pedestrian Path in Wethersfield as well as an event to promote walking and biking trails as a safe and fun way to stay well and prevent obesity. The planning committee that consists of members from the Wethersfield Conservation Commission, the CT Forest & Park Association, the CT Department of Transportation, the Wethersfield Police Department, the Wethersfield Public Library, the Metropolitan District Commission (MDC), the Wethersfield Health Care Center, the Wethersfield Historical Society, The Wethersfield Chamber of Commerce, Boy Scout Troop 385, and the Capital Region Council of Governments are hoping that this event will encourage Wethersfield residents to use the many trails in Wethersfield to stay fit and well.

“This event is not only introducing the newly completed Heritage Bikeway & Pedestrian Path, but also bringing awareness about the many local Wethersfield trails that are available to our residents. A recent assessment was done giving each trail a score and providing trail information such as handicapped accessibility, level of difficulty, available parking, and points of interest. We encourage all Wethersfield residents to come out and enjoy the outdoors,” states Kathy Bagley, Director of the Parks and Recreation Department for the Town of Wethersfield.

There will be activities for all ages including a bike rodeo sponsored by the Wethersfield Police Department, a “story walk” for the little ones, put on by the Wethersfield Library, the favorite storybook characters Curious George and the Man with the Yellow Hat will be on hand, Fitness 101 training and boxing demos at the new fitness facility at the Keene Memorial Sports Center, select trail walks and much more!

A ribbon cutting ceremony will take place at 11:15 am at the William J. Pitkin Community Center.

A free Wethersfield trail guide will be distributed and refreshments will be provided as well as pedometers and water bottles.

This event is made possible by a grant from the CT Dept of Public Health with donations and support from MDC (Metropolitan District Commission) and the Wethersfield Health Care Center.

For more information please call Hilary Norcia, MPH at 860- 665-8571.