



The Central Connecticut Health District and
The Town of Wethersfield
Present
HERITAGE TRAIL DAY
promoting physical fitness and obesity prevention
Free Trail Guide assessing all of Wethersfield's Walking and Biking Trails

Saturday, April 25, 2009, 11:00am ~ 1:30pm

At the William J. Pitkin Community Center

Rain or Shine Free Admission

The fun starts at Pitkin Community Center at 11am. However, as part of the event, the **Wethersfield Historical Society** is offering free guided tours starting at **10AM!** They will meet for the first tour of the burying grounds at First Church's Red Barn.

11:15am: Opening dedication and Ribbon Cutting Ceremony

11:30am: Ongoing attractions

Storywalk with Wethersfield Library – Curious George & the Man in the Yellow Hat will join you on your walk
Fitness 101 Training and Cardio/Boxing demonstrations – Register for your fitness pass today
Bike Rodeo by Wethersfield Police Explorers – get ready for obstacles, races and more
Blood Pressure and Glucose Screenings by Wethersfield Health care Center

11:25am: Walkers meet to walk through Wintergreen Woods lead by an in-house naturalist

11:50am: Mr. Gym performs to get the little ones grooving!

12:25pm: Refreshments provided by Smart Dining in the District restaurants
Mr. Gym does a second performance for the older kids

Arrive early; don't miss out on:

MDC's Water Wagon

Free Water Bottles & Pedometers

Free Bike Inspections by Newington Bicycle

Bike helmets for sale by the CCHD...\$10.

***Submit your assessment card for a chance to win fabulous prizes to keep you healthy!

For more information contact Hilary Norcia at hnorcia@newingtonct.gov or Natalie Morrison at natalie.morrison@wethersfieldct.com

