



Weekly Indoor Walking



Every Thursday starting January 9th

Time: 9:00 a.m.

Location: Joe Trapasso Gymnasium

We are taking our walking indoors so as to avoid weather interruptions.

Benefits of walking:

- Improves cardiovascular health
- Increases overall energy
- Helps with weight loss
- Reduced risk of chronic disease
- Improves digestion
- Reduces blood pressure
- Boosts bone strength
- Improves balance



Sign-up by 1/7.

For additional information contact Nancy at 203.315.0684 or ncohen@branford-ct.gov.