



Ten Reasons to Take a Walk Today*

1. Feel Better
2. Increase Your Energy
3. Avoid Pain, Disease and Illness
4. Keep Your Medical Costs Down
5. Enjoy the Beauty of Life
6. Feel More Confident and Empowered
7. Look Better
8. Do It for Your Family
9. Improve Your Mental and Physical Health
10. Increase Your Chances to Live Longer

*All it takes is 20 minutes.

Thank you to the following organizations for supporting our diverse waterfront community.



The **COMMUNITY**
Foundation
for Greater
New Haven



MARY WADE
☆☆☆☆



