Put your best foot forward and take a 10-minute walk toward wellness!

HealthQuest Northeast Connecticut:

When is Your 10?

HealthQuest, a regional coalition of health and wellness partners, encourages you to experience the lifelong benefits of walking!

Join HealthQuest Partner **Senior Resources** at this Free and Fun Walk:

Monday, May 20, 2019, 3:00 PM

Plainfield Recreation & Senior Center

482 Norwich Road, Plainfield CT

Celebrate the Older American's Month theme of "Connect, Create, Contribute" through this example of how simple it is to incorporate walking in your day, every day, at every age. This half-mile gravel and wooden bridge trail loop begins at the back of the parking lot and was recently improved as part of an Eagle Scout project with interesting opportunities to learn more about nature along the path (plus a few added treasures for this event). The Children's Discovery Trail is an exciting adventure for children of **all ages**. This Senior Resources HealthQuest walk is part of the The Last Green Valley Spring Outdoors event and is **open to the public**. Friendly dogs on leash welcome outside of buildings.

Check TLGV's Spring Outdoors calendar for hundreds of walks at
https://thelastgreenvalley.org/explore-the-last-green-valley/spring-outdoors/

Learn more about the HealthQuest *When is Your Ten?* Campaign at
http://www.nddh.org/services/community-health/partnerships-campaigns/healthquest/

When is Your 10? HealthQuest Northeast Connecticut
Achieving Healthier Communities Together

Northeast District Department of Health NDDH Established 1973

Senior Resources Agency on Aging
the answers you need, resources you can trust