



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

When is Your



HealthQuest
Northeast Connecticut

Achieving Healthier Communities Together

WALK WITH US!

HALE YMCA YOUTH & FAMILY CENTER

The Y & HealthQuest are teaming up to walk the walk of good health! Join us in our quest to experience the lifelong benefits of walking!

CAMP CUTLER WALKABOUT

Saturday, April 27, 2-5pm

Come tour our outdoor Summer Camp facilities and enjoy our FREE Family Event, Healthy Kids Day!

WALKING CLUB

Every Monday, 9am

Walk the Putnam River Trail with our weekly walking club. Y Membership is not required!

RELAY FOR LIFE

May 18 & 19, Brooklyn Fairgrounds

Join our team raising funds for the National Cancer Society!

For more information, contact Cindy Nowlan at Cynthia.Nowlan@ghymca.org.

WALK & TALK

Monday, May 6, 9:30am

Walk with YMCA Executive Director Amanda Kelly & learn all about the great happenings at the Y. Meet in the lobby, do not need to be a Y member. Rain date May 7th at 9:30 AM.