

Health *prevails* on the TRAILS!



Get a leg up on what ails you by putting one foot in front of the other. **WALKING works** to reduce anxiety, stress, depression, and fatigue. It increases energy, improves your mood, and sleep quality. **WALKING works to reduce the risk of chronic illness.** Discover these unique opportunities to get you moving in the right direction:



Walktober – September 18 – October 31, 2021 - The Last Green Valley features over 180 unique adventures to walk, hike, bike, paddle, and explore the National Heritage Corridor. Registration required for some events. View the online calendar at <https://thelastgreenvalley.org/walktober-2/> or scan the QR code.



Dedication Event: Great East Thompson Train Wreck Interpretive Signs on the Air Line Trail – Sunday, October 3, 2021, 1:00 – 2:30pm. Air Line State Park Trail, 662 E. Thompson Road, Thompson. Raindate, October 10.

The Town of Thompson invites you to a special event “unveiling” a series of brand-new interpretive signs commemorating the events of the Great East Thompson Train Wreck in 1891. Music, storytelling of the Wreck, and information about a future park at the site await attendees. <https://www.thompsonct.org/trails-committee>.



Tackle the Trail to support QVCC — Saturday, October 16, 2021 – 8:00am. It’s a dream come true for Race Director and Founder Monique Wolanin, racers, and supporters to see Tackle the Trail expanded to a full 26.2 mile marathon course from Windham to Putnam thanks to new extensions along the spectacular Air Line Trail! Cheer on marathoners, ½ marathoners and relay teams. We say it’s a **unique Monique** race in an amazing place! <https://tacklethe-trail.org/>.

Want to learn more about trails in Connecticut?
The most popular? Secret hidden gems?

Discover the **CT Trail Finder**, a new, one-stop, growing web resource that provides easy, fast, and centralized access to maps and reliable information about Connecticut’s terrific trails!

<http://cttrailfinder.com/>



Walking...a beautiful and beneficial way to step into a healthy lifestyle!

This ad is grant-funded by the Connecticut Department of Public Health.