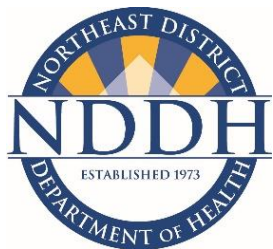


# Celebrate National Public Health Week, April 3-9 by Blazing a Trail to Health and Wellness!



*Discover over 500 miles of trails  
in the Last Green Valley  
National Heritage Corridor!*



Get a leg up on what ails you. Walking works to:

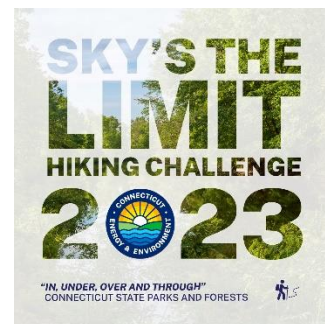
- Reduce anxiety, stress, depression, fatigue, and the risk of chronic illness
  - Increase energy, improve your mood, and sleep quality

**Discover these unique opportunities to get you moving in the right direction:**



**TLGV Spring Outdoors** – March 20 – June 21, 2023 - The Last Green Valley features over 100 unique adventures to walk, hike, bike, paddle, and explore the wildly scenic National Heritage Corridor. View the online calendar at <https://thelastgreenvalley.org/spring-outdoors-events/>.

**CT DEEP 2023 Sky's the Limit Hiking Challenge** – March 20 – Dec. 1, 2023  
CT DEEP has compiled a challenge list of 15 of the state's 142 State Parks and Forests for you to walk in, under, over, and through...including our own linear Air Line State Park Trail and Moosup State Park Trail. Hike or walk 10 of the 15 trails and receive a "Sky's the Limit" hiking staff medallion and certificate. Be among 50 people who hike or walk all 15 locations for a chance to receive a hand-carved hiking staff! Visit <https://portal.ct.gov/DEEP/State-Parks/Skys-the-Limit-2023>.



**CT Trail Finder** - Discover this one-stop, growing web resource that provides easy, fast, and centralized access to maps and reliable information about Connecticut's terrific trails! Find the most popular and secret hidden gems. Post your comments and pictures. Developed and administered by the UCONN Department of Extension. <http://cttrailfinder.com/>

<https://www.nddh.org/>

**Health prevails on the TRAILS!**

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

National  
Walking Day  
is April 5<sup>th</sup>!