

Walk with A Doc

Walk Locations:

Poquonnock Plains Park, 150 Fort Hill Rd, Groton, CT 06340

Samuel Peretz Park @ Bridebrook, 221 West Main Street, Niantic, CT 06357

Niantic Bay Boardwalk, Route 156, Niantic, CT 06357



9:00 AM Saturdays

- May 20 @ Bridebrook **Tick-borne Illness**
- June 3 @ Poquonnock Plains Park **Autism and Sensory issues for Caregivers**
- June 17 @ Bridebrook Park **Hospice**
- July 1 @ Poquonnock Plains Park
- July 15 @ Niantic Bay Boardwalk
- August 5 @ Poquonnock Plains Park
- August 19 @ Niantic Bay Boardwalk
- September 9 @ Poquonnock Plains Park **Treating Balance Problems and Dizziness**

Walk with a Doc is a national program aimed at getting people walking for health. This year we're partnering with East Lyme to offer more walks. Each of our free walks will be staffed by a "Doc" from L+M Hospital. The Doc will share tips on how to be healthier, will be available to answer general questions, and of course we'll be walking! We've got a limited number of free t-shirts that we'll be handing out at the walks. **Bring your walking shoes, sunscreen and a water bottle!**

