



2018 STEP INTO SUMMER FOUR-TOWN WALKING COMPETITION

APRIL 29, 2018 – JUNE 9, 2018

Are you a resident or employee of Berlin, Newington, Rocky Hill, or Wethersfield? If so, the Central Connecticut Health District invites you to join us as we get healthier and have a little friendly neighborhood competition! **All ages welcome and encouraged to participate. Registration begins April 16, 2018 on www.walkingworks.com or on their mobile app.**

Are you ready to get back outside and exercise??

The Walking Competition can help you get moving again and exercise away those winter blues.

Your town needs you!!!

**FOR MORE INFORMATION,
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**Central Connecticut
Health District**

