



# Walk with a Provider

Saturday, October 3th

9 am to 10 am

Enjoy the wonderful fall weather and beautiful sights around Fair Haven!

Come walk with an FHCHC medical provider and learn how to improve your health.

- Starting Place: Fair Haven Community Health Care, 374 Grand Ave., New Haven.
- Total distance: 2 miles (Break at Gather New Haven)
- Please wear a mask, comfortable clothes, and walking shoes.
- Bring your own water bottle.
- Remember to maintain proper social distancing of 6 feet between yourself and others.