

# Walk 'n Talk For Essential Workers

Saturday, September 25 • 9:00 AM-10:30 AM  
Seaside Park, Bridgeport (West Beach Bath House)

*Event is Rain or Shine*

Registration Required

2 Ways to Register!

Scan QR Code **OR**

Email [moreinfo@hia-ct.org](mailto:moreinfo@hia-ct.org)



You take care of others, now it is time to take care of you!  
Greater Bridgeport residents are invited to walk with local healthcare professionals while talking about a variety of health and wellness topics.

Ahlin Rehabilitation Center  
Bridgeport Hospital  
*Fall Prevention & Improving Memory*

Dr. Paula Garay  
Optimus Health Care  
*Moms and Stress*

Dr. Frank Illuzzi  
Medical Director for Fairfield Region  
HHCMG Specialty Division  
*Covid-19 Vaccine Facts*

Dr. Stephanie Leeds  
Pediatric Allergy & Immunology  
YNHCH/Yale Medicine  
*Food Allergy Basics*

Jose Latorre, DphFNP  
Optimus Health Care  
*HIV & Covid*

Registered Dietitians  
Food and Nutrition Department  
Bridgeport Hospital  
*Healthy Eating*

Dr. Dara Richards  
Chief Medical Officer  
Southwest Community Health Center  
*Children and Asthma*

Dr. Dan Williams  
Hartford HealthCare Medical Group  
Adult and Pediatric Medicine  
*Healthy Habits for Healthy Families*

Dr. Steven Valassis  
Chairperson of Emergency Care  
St. Vincent's Medical Center/HHC  
*When to go to the Emergency Room*

Dr. Alex Koral  
Pediatric GI  
YNHCH/Yale Medicine  
*Gastrointestinal Concerns in Children*

Stratford YMCA  
Group Exercise Instructors  
*Youth Development, Healthy Living  
& Social Responsibility*

Dr. Kelly Matmati  
Chief of Neurology & Stroke Director  
Fairfield Region, Ayer Neuroscience  
Institute, Hartford HealthCare  
*Stroke Awareness and Prevention*

Deidre Gruber APRN  
City of Bridgeport Dept. of Health &  
Social Services  
*Information on the  
TB Communicable Disease Clinic*

*Information on local resources,  
giveaways for participants &  
much more!*



[www.hia-ct.org](http://www.hia-ct.org)



OPEN TO ALL AGES AND FITNESS LEVELS. FREE PARKING FOR PARTICIPANTS.  
WE WILL BE FOLLOWING ALL CDC GUIDELINES THAT ARE IN PLACE AT THE TIME OF THE EVENT,  
WHICH MAY BE ENHANCED AT THE DISCRETION OF THE EVENT COORDINATORS.  
CHECK OUR WEBSITE FOR EVENT UPDATES AND INFORMATION ON SAFETY PROTOCOLS.  
Questions? Email [moreinfo@hia-ct.org](mailto:moreinfo@hia-ct.org)