

SPRING WALK & TALK SERIES

2024

Join a walk to reconnect with community members while learning and gaining resources in Milford!

May 4 @ 9:00am

Asthma and Mental Health

Connect with community health professionals to gain skills around mental health and asthma
Location: Meet at Eisenhower Park by pickleball courts

May 28 @9:30am

Multi- Generational walk

Join Wendy Dulan from Home Yoga Studio on a walk with some yoga on the boardwalk!
Location: Meet at Silver Sands Beach Parking Lot

June 1 @ 9:00am

CT Trails Day

Explore the magnificent Solomon Woods with Jeremy Grant, Open space Manager
Location: Park/meet at 810 W. River St. Milford
Register <https://trailsday.org/events/explore-the-magnificent-100-acre-solomon-woods/>



For questions: contact
Jenn Clarke-Lofters, Community Health Coordinator at
203-701-4524

Working together for a healthier community

