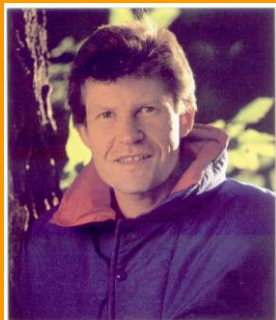


# HEALTHQUEST NORTHEAST CONNECTICUT PROUDLY PRESENTS

Back by  
Popular  
Demand!

## WALKING YOUR WAY TO HEALTH WITH **ROBERT SWEETGALL**



Just in time for Walktober, HealthQuest welcomes national walking expert, author, and motivational speaker Robert Sweetgall back to northeast CT! Robert has trekked across America the equivalent of seven times and is the only person to have walked through all 50 states - 11,208 miles in a year!

Join us for this great health and wellness opportunity that will have you taking steps towards a healthier lifestyle!

This FREE community event is open to young and old alike in both locations!

### Monday, October 7, 2013

6:00 – 8:30 pm (Doors open at 5:30)

Plainfield Town Hall

8 Community Ave., Plainfield, CT

### Tuesday, October 8, 2013

6:00 – 8:30 pm (Doors open at 5:30)

Killingly High School Auditorium

226 Putnam Pike, Dayville, CT

(Both nights 6:00 – 6:45 pm)

#### Nordic Walking 101:

**Why Four Legs are Better than Two for Burning Fat, Building Muscle & Improving Your Balance and Brain**

*A RAIN (INDOORS) OR SHINE (OUTDOORS) EVENT!*

A hands-on participatory clinic to learn the best Nordic Walking techniques:

- Increase walking metabolism by 40%
- Strengthen your core
- Tone/flatten your stomach
- Improve your cardio workout/aerobic system
- Take pressure off your feet, ankles, & knees

***Wear sneakers or sturdy walking shoes and comfortable attire for light activity drills.***

***Nordic Walking equipment will be provided.***

(Both nights 7:00 – 8:30 pm)

#### Motivation to Move:

#### A Heart Healthy Community Seminar

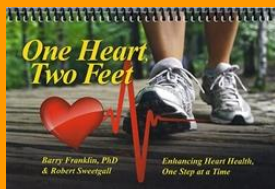
The Top Tips for Improving your Heart, Metabolism, Muscle-Skeletal System, Mindset & Quality of Life!

Come to this motivational and entertaining seminar and learn:

- Specific physical activities for reducing weight (body fat)
- Simple exercises for re-balancing core muscles and improving the lower back and posture
- The 14 healthy habits of successfully aging people
- Stress reduction/coping strategies for calming down
- Nutrition strategies to reduce cancer/diabetes risk
- Walking – The Heart's Safest Medicine

**FREE ADMISSION – FREE PRIZES**

**The first ten people to register in each location will receive a free copy of Robert's book, "One Heart, Two Feet." (limit one copy per family/couple)**



Please register by calling the  
Northeast District Department of Health  
at 860-774-7350

**WALK-INS ALSO WELCOME!**



HealthQuest NE CT is a collaborative public health partnership of The Northeast District Department of Health, Day Kimball Healthcare, EASTCONN, Generations Family Health Center, The Northeastern Connecticut Chamber of Commerce, Plainfield Public Schools, Plainfield Recreation Dept., Quinebaug Valley Community College, Representative Mae Flexer, Senator Donald Williams, TEEG, Town of Putnam Economic & Community Development, WINY Radio, and Woodstock Academy

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