

Monthly Wellness Walk at Buttonwood; Get Moving, Get Healthy!



Health
Sport
Life

GET MOVING. GET HEALTHY

Join us...

Monthly Wellness Walk

Monthly, beginning
Saturday,
April 5 at 10 am
Buttonwood Park
New Bedford
*Meet in parking area in
front of zoo entrance*

Hawthorn Cardiologist Dr. Michael Rocha will lead participants on a two-mile walk around Buttonwood Park.

Watch for more information about other healthy summer activities, including Hawthorn's partnership with DNRT for outdoor yoga sessions at Slocum River Reserve (beginning in June).



Get some exercise and perhaps make some new friends!
