

Questions?

For additional
community wellness
resources, contact
Jen Grant, Community
Health Lead

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Northern Counties
HEALTH CARE

Build Physical Activity Into Your Routine

To get the health benefits, try to walk for at least 30 minutes as briskly as you can on most days of the week.

Try to make walking a routine – for example, try to walk at the same time each day so that it becomes part of your regular schedule.

You use the same amount of energy no matter what time of day you walk, so find a time that is most convenient for you.

You may find that asking someone to walk with you will help make it a regular activity. Some people find that keeping an activity diary or log also makes it easier.



Northern Counties
HEALTH CARE

Walking Group Programs



Step Your Way Into Wellness

Improve your health and wellness

Join our community health care staff for a friendly group walk. Walking with other people can turn a bout of exercise into an enjoyable social occasion.

Walking is a great way to improve or maintain your overall health. Just 30 minutes every day can increase cardiovascular fitness, strengthen bones, reduce excess body fat, and boost muscle power and endurance.

It can also reduce your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Walking Group Schedules

St. Johnsbury Walk & Talk

Mondays at 6:00 p.m.

Four Seasons Neighborhood Park
Main Street, St. Johnsbury

For info, contact:

Jen Grant 802 748-9405 x1026

Walking for Wellness

Mondays at 11:00 a.m.

Wednesdays at 8:00 a.m.

Concord Health Center

201 East Main Street, Concord

For info, contact:

Stephanie Gochie

802-695-2512 x2013

One Step at a Time

Thursdays at 12:30 p.m.

Danville Health Center

26 Cedar Lane, Danville

For info, contact:

Ashley Leonard 802-684-2275 x 6020



Walk With A Doc

Thursdays at 5:00 p.m.; June-October
Hardwick Area Health Center

4 Slapp Hill, Hardwick

For info, contact:

Samantha Bailey 802-472-3300

Walk This Way!

Fridays at 10:30 a.m.

St. Johnsbury Community Health Center
185 Sherman Drive, St. Johnsbury

For info, contact:

Patti Kearney 802-748-5041 x1215