

Join the Concord Health Center in

Walking for Wellness

**Mondays at 11:00 a.m. and Wednesdays at 8:00 a.m.
Starting Location: Concord Health Center**

Group Walk - Healthy Recipes - Wellness Tips - Community Resources - Form New Relationships

Facilitated by: Gabrielle Robillard, RN, Chronic Care Coordinator &
Stephanie Gochie, Community Health Worker



Northern Counties
HEALTH CARE

Ask us about Walking for Wellness today!

Or call: Stephanie Gochie at (802) 695-2512 x 2013