



Public Health
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PLAINVILLE-SOUTHINGTON REGIONAL HEALTH DISTRICT

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Join PSHD in a Father's Appreciation Walk on the Farmington Canal Heritage Trail

Calling all Dads! The Plainville Southington Health District (PSHD) invites all fathers, grandfathers, uncles, children and families to join them in a "Father's Appreciation Walk" on Saturday, September 30, 2017, at 8:00 a.m. (rain or shine). The walk will take place on the Farmington Canal Heritage Trail in Southington. Parking is available at the Southington Municipal Center. Goodie bags will be available to "dads" while supplies last. Come out and show your appreciation for all that "dad's do!"

"This walk allows fathers the chance to take time out of their day to care for themselves," said Shane Lockwood, PSHD Director of Health. "It's a great opportunity to get outside and to be active. We welcome all men, children and families regardless of activity levels. There is a walk for everyone!"

Regular physical activity is one of the best lifestyle behaviors used to improve health. Being physically active improves your health, reduces your risk for many chronic diseases, helps control your weight, and strengthen bones and muscles.

The Farmington Canal Heritage Trail is located right in our backyards. It is a great place to walk, run or ride a bike. PSHD encourages all residents to take advantage of this wonderful asset and to enjoy all it has to offer.

Lockwood said, "Let's keep our fathers healthy and encourage them to be physically active!"

For more information on this event contact PSHD at 860-276-6275.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.