



## Salem Seniors Monthly Meeting

REMINDER:  
We will meet at 10:30am  
Tuesday May 10, 2016  
Location: SALEM SCHOOL  
LIBRARY



- **If you've not attended a meeting yet – come check one out.** If rides are an issue and you'd like to plan ahead call me to make arrangements.
  - **United Way Mobile Food Pantry; 1<sup>st</sup> Wednesday each month.** 5pm @ Salem School.
  - **Transfer Station 2016 Amnesty Dates:**  
May 14, 15, 18.
- Pam Henry – Agent for the Aging [pam.henry@salemct.gov](mailto:pam.henry@salemct.gov) (860) 859-3873 ext 125



**walk with a Doc**

**Walk Location:**  
Poquonnock Plains Park, 150 Fort Hill Rd, Groton, CT 06340

**9:00 AM Saturdays**

- May 21 Dr. Chris Lehrach and Beverly Genader, APRN- Tick borne illnesses
- June 18 Dr. Anthony Carter - Diabetes
- July 23 Allison Kilmer, APRN - Exercise to help with depression
- Sept 17 Dr. Oliver Mayorga - TBA

**Click here to register for free!** Everyone is welcome, but we've only got a limited number of free t-shirts that we'll be handing out at the walks, so sign up early to get one!

**Sign up for the Walk with a Doc Newsletter here!** It's packed with great info about living healthy. (Look for the gray box below the map of walk location in the US.)

**Walk with a Doc** is a national program aimed at getting people walking for health. Each of our free walks is staffed by a "Doc" from L+M Hospital. The Doc will share tips on how to be healthier, will be available to answer general questions, and of course we'll be walking! **Bring your walking shoes, sunscreen and a water bottle!**

Questions? Groton Parks and Recreation, 860-536-5682, [parksrec@groton-ct.gov](mailto:parksrec@groton-ct.gov), [www.GrotonRec.com/Walk.asp](http://www.GrotonRec.com/Walk.asp)