



HEALTH DEPARTMENT WALKING ROUTE



Directions: Begin at the Trumbull Health Department, located at 335 White Plains Road. Walk down the driveway, entering Unity Park at the bottom of the hill. Turn right and walk counter-clockwise around the perimeter of the baseball fields and tennis courts. Walk toward the Health Department's lower parking lot, entering from the paved path on the right. Walk back up the driveway and return to the Health Department.

Walking Tips:

- Dress appropriately! Wear comfortable sneakers and bright, reflective clothing so others can see you.
- Stay hydrated! Always bring a bottle of water with you.
- Consult your doctor before beginning a new exercise routine.

