



FitHaven

Take a Walk

Join A Health Revolution

Bring your sisters, daughters and friends and join women & girls of all ages, and fitness levels as we create a health revolution among women of color in New Haven.

Fit Haven 6-Week Walking Group - lead by community health and fitness professionals.

WHEN: Starts Wednesday July 6th - August 13th 2016 and Meets for 6 weeks. Wednesday at 6:pm and Saturdays at 9:AM

WHERE: Meet at Stetson Library
200 Dixwell Ave New Haven CT, 06511

HOW TO REGISTER: Contact Danielle at daniellegcampbell@gmail.com. Pre-registration recommended but not required.

Spread the Word & Connect

- Facebook/FitHavenCT
- Twitter/FitHavenCT
- Instagram/FitHavenCT

83% percent of Black women are overweight; Researchers predict that **95+%** of Black women will be overweight by 2034.

7 in 10 people in New Haven are overweight (27%) or obese (43%)

47% of New Haven Girls in Kindergarten – 8th Grade are overweight or Obese

150 minutes of walking per week and losing just **7%** of body weight can reduce your risk of diabetes by **58%** and reduce the risk of a heart attack by **35%**.