

NH Wellpoint Foundation

SENIOR ACTIVE HEALTHY LIVING
WINTER WALKING PROGRAM
AT THE HAMPSHIRE DOME

FREE PROGRAM Starts Dec 1
For Residents Age 70+

Amherst, Bedford, Brookline, Hollis, Lyndeborough,
Mason, Milford, Mont Vernon, and Wilton

Registration Required:

Current NH License or Official ID

Program Offered 10:00 am-1:00 pm / Tue-Fri
MASKS REQUIRED

Indoors On A Olympic Quality Cushioned Track
Check Daily Schedule at hampshiredome.com
To Confirm Track Is Open For Walking



The Hampshire Dome | Emerson Rd, Milford, NH
hampshiredome.com | 603.673.8123

NH WELLPOINT
FOUNDATION