

Monthly Wellness Walk at Buttonwood; Get Moving, Get Healthy!

GET MOVING. GET HEALTHY



Join us...

Monthly Wellness Walk

Monthly, beginning Saturday, April 5 at 10 am Buttonwood Park New Bedford
Meet in parking area in front of zoo entrance

Hawthorn Cardiologist Dr. Michael Rocha will lead participants on a two-mile walk around Buttonwood Park.

Watch for more information about other healthy summer activities, including Hawthorn's partnership with DNRT for outdoor yoga sessions at Slocum River Reserve (beginning in June).



Hawthorn Medical

Get some exercise and perhaps make some new friends!
