

Housatonic Valley Health District: Residents of New  
Milford, Oxford, Sharon, Southbury, Washington &  
Woodbury



# WALKING CHALLENGE



## HOW TO JOIN

1. [Click Here to Register](#) or use QR code above
2. Stop by our Southbury or New Milford office for a free pedometer
3. Track your steps every day

## EVENT DETAILS



**APRIL 1-30, 2025**

**ALL AGES**



**FREE PEDOMETER FOR ALL PARTICIPANTS**

## CONTACT US



**203-264-9616**



**10 Main Street, New Milford  
77 Main Street North, Southbury**

[www.hvhdct.gov](http://www.hvhdct.gov)

