



# NUTLEY FARMERS MARKET

## WALK & TALK



Get fit AND informed! Meet each Sunday at the Nutley Farmers Market for a scenic 3-mile walk with experts from diverse fields: health, wellness, fitness, nutrition, medicine, law, education, government, arts, design...among others! Get answers to questions you don't always have an opportunity to ask. Meet others who enjoy walking to exercise, socialize, and spend time outdoors.

### MARKET WALK & TALK RECIPE FOR HEALTH:

1. MEET AT THE MARKET AT 8:15AM ON SUNDAYS FROM JUN 18 TO OCT 29.

2. TAKE A SCENIC 3-MILE WALK 8:30-9:30AM WITH A FEATURED EXPERT READY TO ANSWER YOUR QUESTIONS.

3. RETURN TO THE MARKET TO STOCK UP FOR THE WEEK AHEAD!

### NUTLEY FARMERS MARKET

Municipal Lot #1  
William Street, Nutley, NJ

Sundays 9:00am-2:00pm  
Jun 18-Oct 29, 2017



Funded in part by a grant from Partners for Health Foundation

[nutleynj.org/farmersmarket](http://nutleynj.org/farmersmarket)  
[#nutleyfarmersmarket](https://twitter.com/nutleyfarmersmarket)



Join Let's Walk on Meetup for this and other great area walks: [meetup.com/Lets-WalkProgram](http://meetup.com/Lets-WalkProgram)