

Coming to the Baseline Health Assessment?  
Email [alan.kendrix@yahoo.com](mailto:alan.kendrix@yahoo.com)

## Collaborating Partners

### **Christian Community Commission Promise Land Collaborative**

Pastor Donald Morris

### **Neighborhood Housing Services of New Haven**

Stephen Cremin-Endes

### **Christian Community Action**

Bonita Grubbs

### **Stepping Stones Transitional Housing**

Judith Rich

### **Yale New Haven Hospital**

Geriatric/Outreach Services  
Saint Raphael Campus

### **Get Healthy CT – New Haven**

Jill Meyerhoff

### **Newhallville Walking Club**

Alan Kendrix, Coordinator

## Newhallville Walking Club



## Individual Walker's Baseline Health Assessment

**Saturday, April 12, 2014**

**10:00 am**

**Christian Community Action  
Stepping Stone Location  
660 Winchester Avenue  
New Haven, 06511**

\*Use door nearest Winchester Avenue

**\*\* Newhallville Walking Club \*\***

meets every Saturday at 1:00 PM  
in front of Lincoln Bassett School,  
Bassett Street, New Haven

## The Benefits of Walking

**Walking in the Newhallville Community of New Haven provides benefits for individual walkers and for the community as a whole.**

### FOR THE INDIVIDUAL

**Improved Respiration  
Improved Stamina  
Lower Blood Pressure  
Decrease Depression  
Decrease Blood Sugar Levels**

### FOR THE COMMUNITY

**Connect with neighbors  
See, and Be Seen  
Safer Streets  
Crime Prevention  
Gets the Elderly Out of the House  
Eyes on the Street  
Fun, Intergenerational Thing to do**

***WALKING  
is a crime-fighting  
health-improving  
thing to do!***

## Baseline Health Components

The Newhallville Walking Club will hold a baseline health assessment for community members for those interested in joining/learning more about our Walking Club. The assessment will be conducted by Yale New Haven Hospital.

The assessment will include four basic components of good health:

- Blood Pressure
- Weight, Height
- Body Mass index
- Diabetes Risk Test

Free information, giveaways and much more.



Every 4 months, a follow up will be conducted with The Newhallville Walking Club members to measure progress.