

# 2017 Walking Wednesdays

## In the Village



Incorporated  
Village of Port Jefferson  
RECREATION DEPARTMENT  
101-A East Broadway  
Port Jefferson, NY 11777  
(631) 802-2160

In a bad mood?

Tired all the time?

Need a mid-morning pick-me-up?

Want to lose some weight?

Enjoy good company?

*There are so many benefits to such a simple activity, there's really no excuse!*

Come Walk  
With Us!!

### **Program Description:**

Come enjoy a leisurely stroll or work on your power stride! Join community members and Village employees as they come together and walk a different part of Port Jefferson each week. Walks may last up to an hour and can always be shortened to your liking! Bring sneakers, water, and a good attitude in order to receive some fantastic health benefits and superb company as we walk the many sides of Port Jefferson.

**Dates:** Wednesdays (April 26, 2017-June 14, 2017)

**Time:** 9:00-10:00am

**Fee:** Free

**Locations:** **April 26-** Village Center (to Centennial Park) **May 24-** West Meadow Beach  
**May 3-** East Beach **May 31-** Avalon Park  
**May 10-** PJ Greenway (next to 7-11) **June 7-** Cedar Hill Cemetery  
**May 17-** Village Center (to downtown) **June 14-** Belle Terre (meet at PJCC)

**Age Group:** All Ages \*If you have any special needs, please notify the office upon registration so that the necessary accommodations can be made.

**Registration:** PJ REC. OFFICE 2<sup>ND</sup> FLOOR, VILLAGE CENTER

✂-----

***FREE Program for All Port Jefferson Village Residents!***

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Home Phone :** : \_\_\_\_\_ **AGE :** \_\_\_\_\_

**Email:** \_\_\_\_\_

THE UNDERSIGNED AGREES THAT THE VILLAGE OF PORT JEFFERSON, IT'S AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES SHALL NOT BE LIABLE FOR ANY CLAIMS, INJURIES, DAMAGES OR EXPENSES SUSTAINED BY THE UNDERSIGNED AS A RESULT OF PARTICIPATION IN THE ACTIVITY DESCRIBED ABOVE. THIS RELEASE FROM LIABILITY SHALL APPLY TO ALL SUCH CLAIMS, INJURIES, DAMAGES OR EXPENSES REGARDLESS OF WHO IS AT FAULT AND EVEN IF CAUSED BY THE NEGLIGENCE, NEGLECT OR FAULT OF THE VILLAGE OF PORT JEFFERSON, ITS AGENTS, OFFICERS, ELECTED AND APPOINTED OFFICIALS AND EMPLOYEES. THIS RELEASE IS MADE WITH KNOWLEDGE THAT THE VILLAGE OF PORT JEFFERSON PROVIDES NO INSURANCE TO COVER CLAIMS, DAMAGES OR EXPENSES WHICH MAY RESULT FROM THE DESCRIBED ACTIVITY.

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_