



SENIOR ACTIVE HEALTHY LIVING WALKING PROGRAM

NH WellPoint Foundation and The Hampshire Dome are co-sponsoring a program to enable local citizens 70 years and up to walk the cushioned track at the Dome for free this winter.

REGISTER TO PARTICIPATE

Membership in the program is required and a free card to enable participation will be issued at The Dome on the first visit. A current driver's license or official ID must be presented upon sign-up.



STARTING JANUARY 2, 2018

The Senior Active Healthy Living Walking Program is open to residents age 70 and older from Wilton and seven other surrounding communities (Amherst, Brookline, Hollis, Lyndeborough, Mason, Milford and Mont Vernon).

In announcing the program, Rick Katzenberg, President of the NH WellPoint Foundation said "I am thrilled by the eager cooperation of The Hampshire Dome in enabling this exciting program to be opened up to our local seniors. We have tested it on a small scale, but this multi-community rollout will make healthy exercise an easy and safe option for those that enjoy outdoor walking the rest of the year. In addition to providing healthy exercise, the social benefits during the winter when folks feel constrained to their living area is also a great addition. We look forward to a great many individuals and small groups taking advantage of this generous offer by The Hampshire Dome and our foundation."

DOMES AVAILABILITY

The Dome will be generally available for walking (except during special events) from 11:00 AM to 2:00 PM weekdays. It will be important that you check the Daily Schedule at www.hampshiredome.com under the Daily Schedule Link or call 673-8123 prior to coming out to The Dome.



DOMES LOCATION

34 Emerson Road
Milford, NH 03055