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www.nashuariverwatershed.org

PRESS RELEASE

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“NRWA Healthy Heart Trails Project: Exploring Trails in Devens”

Do you know what walking trails exist in Devens? Would you enjoy having an easy but interesting trail available to you to use as part of a regular exercise routine? The Nashua River Watershed Association (NRWA) is leading an exploration of three trails in Devens on Tuesday, June 16, 2015, beginning at 6:00 p.m. We will visit the trailheads of Shepley Trail, Robbins Pond, and Mirror Lake, and take a short, approximately 20-minute, guided walk at each of the three sites. Each of these trails is 1.5 miles or less, and is easy to moderate in activity level. This trail tour is free, open to all ages and all communities.

As part of its Healthy Heart Trails project, the NRWA is seeking to introduce people to trails in their own “greater backyard” that are accessible to everyone, even those with some physical limitations, including young children or elders. The goal of the project is to identify easy to moderately strenuous trails in six communities, to help people feel comfortable that they know the location of the trailhead and parking areas, and to motivate people to make walking on these trails part of a healthy exercise routine. The NRWA encourages everyone to get outdoors and connect with the natural world for their own well-being and that of the environment. The NRWA’s Healthy Heart Trails project is funded by a grant from the Bruce J. Anderson Foundation.

This trail tour will begin at Shepley Trail. Meet in the parking lot on Antietam Road, opposite Devens Disc Golf. Google map and directions available at www.NashuaRiverWatershed.org. We will be driving to two other nearby trailheads, directions to additional two sites will be provided at the first location.

Pre-registration is not required, but appreciated for planning purposes. To pre-register, please contact Al Futterman, NRWA Land Programs and Outreach Director, at (978) 448-0299, or email AIF@NashuaRiverWatershed.org. The NRWA is a non-profit environmental organization providing natural resource protection and environmental education programs to 32 communities in north central Massachusetts and southern New Hampshire. Learn more at www.NashuaRiverWatershed.org.

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