



## **Celebrate the Spring Equinox with a hike up Sleeping Giant**

Join the New Haven Branch of  
CHHA (the Connecticut Holistic Health Association)  
on Sunday, March 21, 2004 at 2:30PM  
for an afternoon hike  
at Sleeping Giant State Park, Hamden, CT on Mt. Carmel Avenue

This hike will celebrate the Spring Equinox. The outdoor event will be the perfect opportunity for individuals interested in holistic health to get to know one another, ask questions, and share thoughts and ideas. It will also be an ideal forum for discussions on fitness, nutrition and the healing power of nature.

This CHHA event is free and open to the public and will take place weather permitting. Interested hikers should meet in the main parking lot of Sleeping Giant State Park on Mount Carmel Avenue at 2:30PM on Sunday, March 21. Please call New Haven branch co-leader Jenn Krebs, N.D. at 203-776-1212 for more information.

**Directions:** The main entrance is on Mt. Carmel Avenue which runs between Hartford Turnpike in North Haven and Whitney Avenue (Route 10) in Hamden. From I-91 take exit 10 which is Route 40 which will drop you off on Whitney Avenue. Travel a few miles north on Rt. 10 and turn right on Mount Carmel Avenue.