



Take it Outside!

# WELL Afloat

Join us for a relaxing morning on Ninigret Pond! Bring your own canoe, kayak, paddleboard, or any other safe, water vessel and get ready to paddle away on a self-paced exploration through the calm waters and shallow coastal lagoon areas. This water adventure is perfect for paddlers of all experience levels and offers a peaceful voyage through coastal woodlands, islands, and salt marshes, featuring abundant wildlife.

A Personal Flotation Device (PFD) is **REQUIRED** for all participants. It is also recommended to bring water, a sun hat, sunblock, towel, and water-resistant clothing. Friends and family are welcome—just remember, it's a bring your own watercraft event!

Register on the Health Matters Portal [www.ritrust.com](http://www.ritrust.com)

In the event a minimum number of 5 participants are not registered for this event, The Trust reserves the right to cancel.

Questions: Contact Alexandra Fiore @ [afiore@ritrust.com](mailto:afiore@ritrust.com)

## NINIGRET POND

5 Park Lane  
Charlestown, RI

**SATURDAY 7/19/25**

9:00am - 10:30am

RHODE ISLAND INTERLOCAL



**The Trust**

RISK MANAGEMENT TRUST