



Longevity Bench Project

A Place to Rest While Taking a Walk

Our Mission

- Create a more walkable town by adding a Longevity Bench every half mile along popular walking loops throughout the neighborhoods of Manchester.
- Enable people of diverse abilities to take a walk, knowing there will be a place to rest along the way. Longevity and quality of life are enhanced through physical and social activity, while enjoying nature outdoors.

Get Involved

- Sign up to be a “Bench Buddy” to someone who doesn’t want to walk alone. Contact us at the email below.
- Mark your personal progress toward health and wellness by walking bench to bench.
- If you or someone you know have an interest in participating in the donation of a Longevity Bench or the land to place it on, we are very excited to hear from you. Together, we began this Project and together we will reach our goal.

NEWS!

Longevity Bench Photo Contest

Send your candid photos of people enjoying the Longevity Benches !

Email Photos to:

contact@longevitybenchproject.org

Submissions will be featured on our website with photo credits.



Photo: Mary Ellen Cook

How to Donate

- Send your donations to help the Longevity Bench Project to reach its goal of 30 benches.
- All donations welcome, 100% Tax Deductible. (A 501(c)(3) Corp)

Donate and Contact Us: LongevityBenchProject.org

P.O. Box 145, Manchester, MA 01944

Be a Volunteer: Call Lisa at 978-526-4491

Email: contact@longevitybenchproject.org