

SENIOR HEALTH & FITNESS WALK

September 13th | 10AM - 1PM

Roosevelt Park | Parsonage Road, Edison



Let's go walk!

Join seniors from throughout the County for a day of fun and exercise.

Registration is required

For more information
or to register

Please call your local
Senior Center

Registration ends September 2nd.

Sponsored by the Board of Chosen Freeholders and
The Middlesex County Office of Aging & Disabled Services

- Wellness info
- Health screenings
- Boxed lunches
- Raffles
- T-shirts
- Entertainment

Middlesex County Board of Chosen Freeholders

Ronald G. Rios, *Director*

Charles E. Tomaro, *Deputy Director*

Blanquita B. Valenti, *Chair, Community Services Committee*

Kenneth Armwood, Charles Kenny, Leslie Koppel, Shanti Narra

www.middlesexcountynj.gov

Follow Us:



MIDDLESEX
COUNTY • NJ