



FITNESS EVENTS

Wednesday, March 28th from 10 - 11:30AM

Bucclench Park | 321 Easton Avenue, New Brunswick

The walk will begin at the gazebo behind the Senior Center next to the playground.



Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle.

What better way to start your weekend than on your feet making strides to help your heart and improving your general health to live longer?

While you walk at your own pace, you'll have the opportunity to have questions answered by Dr. Arkady Broder, Gastroenterologist at Saint Peter's University Hospital in New Brunswick.

March 28th featured topic:

Colorectal Cancer Awareness

For more information please contact:

732-745-8864

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**Regional Chronic Disease Coalition
Of Middlesex and Union Counties**

Middlesex County: 732-745-3182 Union County: 908-518-5630



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