

MIDDLESEX COUNTY • NJ



FITNESS EVENT



Featured Topic:
Healthy Holiday Eating with Diabetes

Walk Leader:
Join **Tonja Werkman, RD** as we walk around the track to discuss healthy holiday eating with diabetes.

Free Health and Wellness Screenings:
Glucose, Blood Pressure, Total Cholesterol, BMI, Pulse, and Stroke Risk Assessment are available during the program. **Fasting is not required.**

**Wednesday,
November 13, 2024**

12 PM – 2 PM

**Piscataway YMCA
(Indoor Track)
520 Hoes Lane
Piscataway, NJ 08854**

