



FITNESS EVENT



Featured Topic:
Heart Healthy Habits

Walk Leader:
Sumaiya Iqbal, MD
Hackensack Meridian Health

Dr. Sumaiya Iqbal is an experienced board-certified Internal Medicine physician who treats a wide range of chronic conditions including but not limited to diabetes, hypothyroidism, high blood pressure, obesity, and depression. Join our Walk with a Doc program and take a step toward a healthier heart!

Wednesday
February 11, 2026
12 - 2 PM

Piscataway YMCA
(Indoor Track)

520 Hoes Lane
Piscataway, NJ 08854

We will also be offering free blood pressure screenings in the Art Studio from 12-2 PM.

