

**Date:**

Thursday, November 14, 2019

**Location:**

Old Bridge Public Library  
1 Old Bridge Plaza  
Old Bridge, NJ 08857

**Time:**

2:30 – 3:00PM

**Cost:**

Free to attend

**Featured Topic:**

Diabetes  
Awareness

The walk will begin in front of  
the library.

For more info please contact:

Twyla Paige

(732) 745-8864

[twyla.paige@co.middlesex.nj.us](mailto:twyla.paige@co.middlesex.nj.us)

[www.middlesexcountynj.gov](http://www.middlesexcountynj.gov)



WALK WITH A DOC

## Diabetes Awareness

Make strides to improve your health and well-being by  
joining local doctors and educators for a walk.

While you walk at your own pace, you'll have the  
opportunity to have questions answered by **Shailja Mathur,  
M.S., M. Ed., RDN**, Senior Program Coordinator, Department  
of Family and Community Health Services (FCHS).

---

### BOARD OF CHOSEN FREEHOLDERS

Ronald G. Rios, *Freeholder Director*

Charles E. Tomaro, *Deputy Director*

Shanti Narra *Chair, Public Safety & Health Committee*

Kenneth Armwood, Charles Kenny, Leslie Koppel, Blanquita B. Valenti



**RUTGERS**

New Jersey Agricultural  
Experiment Station

■ Cooperative Extension



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

Middlesex County: 732-745-3102

Union County: 908-518-5630

