



FITNESS EVENT

Sunday, June 3rd from 8 - 10:30AM

Bicentennial Park | 180 Hardenburg Lane, East Brunswick, 08816



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

What better way to start your week 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 **East Brunswick Mayor Brad Cohen, M.D.**

Featured topic:

Women's Health & Wellness

For more information contact:

732-254-6011
Ken Freedman, DC

Middlesex County Board of Chosen Freeholders

- Ronald G. Rios, *Director*
- Charles E. Tomaro, *Deputy Director*
- Shanti Narra, *Chair, Public Safety and Health Committee*
- Kenneth Armwood, Charles Kenny, Leslie Koppel, Blanquita B. Valenti



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

Middlesex County: 732-745-3192 Union County: 908-518-5630



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