



FITNESS EVENT

Tuesday, May 22nd from 10 - 11:30AM

Meet at the Gazebo at the Level Playing Fields | Roosevelt Park, Edison



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 Clinical Research Nurse, Briana DeCarvalho (MSN, RN, SCRN) of the Stroke and Neurovascular Center (SNC) at JFK Neuroscience Institute at Hackensack Meridian Health- JFK Medical Center.

Featured topic:

Stroke
Awareness

For more information
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Regional Chronic Disease Coalition
Of Middlesex and Union Counties

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