## office of Health Services Fitness Event

Date: Saturday, November 9, 2019

MIDDLESEX

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**Time:** 10:00AM - 11:30AM

Location: Great Oak Park 260 Rues Lane East Brunswick, NJ 08816

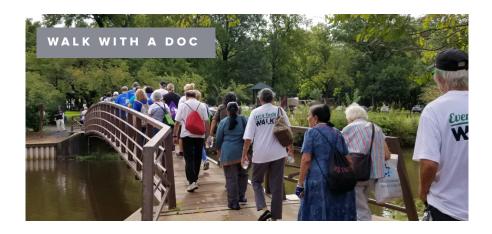
The walk will begin at the gazebo in front of the parking lot.

For more info please contact: **732–745–8864** twyla.paige@co.middlesex.nj.us

www.middlesexcountynj.gov







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

Featured Topic: Lively Steps To Natural Stress Management

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 <u>Dr. Ken Freedman,</u> <u>Freedman Chiropractic Center, LLC.</u>

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