

Date:

Saturday, November 9, 2019

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.



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 **Dr. Ken Freedman, Freedman Chiropractic Center, LLC.**

For more info please contact: 732-745-8864
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