



RWJ Somerset Walks

Let's Be Healthy Together

March 2018

RWJ HealthHike Meeting: AMC Theatres • Mar 7

Join us for a monthly meeting of the HealthHike Walking Program at 10:00 AM on Wednesday, March 7th at the AMC Theatres in Bridgewater Commons Mall. Enjoy a light breakfast and discussion on “**Dreaming of a Good Night’s Rest**”. RWJ Somerset staff will be available for weigh-ins and measurements for anyone interested in tracking their progress over the coming months. Participants are encouraged to walk independently in the Mall’s safe, climate controlled environment as early as 6:30 AM from Monday through Saturday and 9:00 AM on Sunday. Each lap around the 2nd & 3rd levels is a ½ mile and the 1st level is a ¼ mile. Log your miles and/or steps and be rewarded at the final meeting in June, 2018! **Please register for HealthHike Meeting at 888-637-9584.**

RWJ Nature Walk: Duke Farms • Mar 10

Experience the many natural wonders that enrich the walking and biking trails of **Duke Farms**, while enjoying the fresh air and the comradery of group exercise. We will meet at the Farm Barn Orientation Center at 9:00 AM on Saturday, March 10th for this monthly group hike. Be prepared for a 2-3 mile hike along paved and gravel paths. The Farm Barn Café is open 8:30-11:00 AM for anyone interested in a post-walk coffee with friends.

RWJ Ranger Walk: Somerset County Parks • Mar 17

Start your St. Patrick’s Day off with a refreshing walk in the park! The Somerset County Park Rangers will lead this monthly interpretive group hike on Saturday, March 17th at **Duke Island Park**. We will meet in parking lot B at 9:00 AM for an approximate 2-3 mile hike on paved and gravel paths. Please refer to the Somerset County Parks web site for directions and a park map <http://somersetcountyparks.org>.

RWJ HealthPro Hike: Bridgewater Commons • Mar 24

Join us in the food court of the Bridgewater Commons Mall on Saturday, March 24th at 9:00 AM for the next RWJ HealthPro Hike. Family Medicine physician, **Dr. Eric Brezina**, from RWJ Physician Enterprise will give a brief talk on lifestyle changes to improve health, followed by a 45-minute group walk in the Mall. Take advantage of this opportunity to get to know Dr. Brezina and ask questions while keeping fit.

All walking events are FREE.
E-mail maria.cermenaro@rwjbh.org
or call 908-685-2814 for more information.

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