



# RWJ Somerset Walks

*Let's Be Healthy Together*

**May 2018**

## RWJ HealthHike Meeting: AMC Theatres • May 2

Join us for a monthly meeting of the HealthHike Walking Program at 10:00 AM on Wednesday, May 2<sup>nd</sup> at the AMC Theatres in Bridgewater Commons Mall. Enjoy a light breakfast and presentation from Community Dietitian, **Tia Hagins**, on “**Bone Health and Nutrition**”. 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.

**Please register for HealthHike Meeting at 888-637-9584.**

## RWJ HealthPro Hike: Bridgewater Commons • May 5

Join us in the food court of the Bridgewater Commons Mall on Saturday, May 5<sup>th</sup> at 9:00 AM for the next RWJ HealthPro Hike. Diabetes Program Coordinator, **Karolina Georgens**, from RWJ Somerset Community Health, will give a brief talk on “**Portion Control**”, followed by a 45-minute group walk in the Mall. Take advantage of this opportunity to get to know the RWJ Somerset staff while learning important health information and keeping fit.

## RWJ Nature Walk: Duke Farms • May 12

Experience the many natural wonders that spring has to offer along the walking and biking trails of **Duke Farms**, while enjoying the fresh air and comradery of group exercise. We will meet at the Farm Barn Orientation Center at 9:00 AM on Saturday, May 12<sup>th</sup> for a 2-3 mile walk 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 • May 19

The Somerset County Park Rangers will lead this monthly interpretive group walk on Saturday, May 19<sup>th</sup>, at **Natirar Park**, Main Street, Peapack. We will meet in the upper parking lot next to the barn at 9:00 AM. Please refer to the Somerset County Parks web site for directions and a park map <http://somersetcountyparks.org>.

All walking events are FREE.  
E-mail [maria.cermenaro@rwjbh.org](mailto:maria.cermenaro@rwjbh.org)  
or call 908-685-2814 for more information.

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