



RWJ Somerset Walks

Let's Be Healthy Together

November 2018

RWJ HealthPro Hike: Bridgewater Commons • Nov 3

Join us in the food court of the Bridgewater Commons Mall on Saturday, November 3rd at 9:00 AM for the next RWJ HealthPro Hike featuring **Dr. Fisayo Tunde, from OB GYN Specialty Care**, an RWJ Somerset Physician Enterprise partner. Dr. Tunde specializes in women's health with a focus on preventative medicine, surgical alternatives, and minimally invasive surgical options. Enjoy a brief presentation with Q&A before participating in a 45-minute group walk around the 2nd and 3rd levels of the Mall.

RWJ HealthHike Meeting: AMC Theatres • Nov 7

Join us at 10:00 AM on Wednesday, November 7th for the HealthHike Walking Program meeting at the AMC Theatres in Bridgewater Commons Mall. Enjoy a light breakfast while discovering risk factors and causes of diabetes as well as strategies for prevention and management from **Welda Joseph, RN, MSN, APN, and Diabetes Center Nurse Educator** at RWJ Somerset. Mileage tracking logs and pedometers will be available. HealthHikers 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 Nature Walk: Duke Farms • Nov 10

Learn about the Duke Farms property and family history from an experienced docent as we explore the beauty of the grounds while enjoying the fresh air and camaraderie of group exercise. We will meet at the Farm Barn Orientation Center at 9:00 AM on Saturday, November 10th for a 2-3 mile walk along paved, grass, 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 • Nov 17

Discover the newest park in the Somerset County Park system with an expert Park Ranger leading our group walk around a 2.25 mile paved loop trail at **Skillman Park**, Main Boulevard, Skillman (off of Route 601 in the Skillman section of Montgomery Township). We will meet in parking lot A at 9:00 AM on Saturday, November 17th. 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
or call 908-685-2814 for more information.

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