



RWJ Somerset Walks

Let's Be Healthy Together

February 2019

RWJ HealthHike Meeting: AMC Theatres • Feb 6

Join us for a monthly meeting of the HealthHike Walking Program at 10:00 AM on Wednesday, February 6th at the AMC Theatres in Bridgewater Commons Mall. Enjoy a light breakfast and presentation “**Have a Big Heart? Enlarge Your Understanding of Cardiomyopathy**” by **cardiologist Alpesh Patel, MD**. 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 888-724-7123.**

RWJ HealthPro Hike: Bridgewater Commons • Feb 9

Join us in the food court of the Bridgewater Commons Mall on Saturday, February 9th at 9:00 AM for the next RWJ HealthPro Hike. We will have a brief discussion about walking goals and strategies and a chance to share ideas before participating in a 2-mile group walk around the 2nd and 3rd levels of the Mall.

RWJ Nature Walk: Duke Farms • Feb 16

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, February 16th 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: Colonial Park • Feb 23

Explore pristine natural areas spaced amid the broad lawns and ponds of **Colonial Park** as we walk the para course (fitness trail) with an expert Park Ranger as our guide. We will meet in parking lot B at 9:00 AM on Saturday, February 23rd and walk along 2 to 3 miles of paved, and gravel trails. 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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