



RWJ Somerset Walks

Let's Be Healthy Together

March 2019

RWJ HealthHike Meeting: AMC Theatres • Mar 6

Join us for a monthly meeting of the HealthHike Walking Program at 10:00 AM on Wednesday, March 6th at the AMC Theatres in Bridgewater Commons Mall. Enjoy a light breakfast and presentation “**Hear Ye, Hear Ye! Listen to the Latest Word on Hearing**” by **Jill Bambaci, Au.D, audiologist**. 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 • Mar 9

Join us in the food court of the Bridgewater Commons Mall on Saturday, March 9th at 9:00 AM for the next RWJ HealthPro Hike featuring **Sarah Uddin, MD** specializing in Family Medicine with an interest in Women’s Health at RWJ Physician Enterprise. Enjoy a brief presentation before participating in a 45-minute group walk around the 2nd and 3rd levels of the Mall.

RWJ Ranger Walk: Skillman Park • Mar 16

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, March 16th. Please refer to the Somerset County Parks web site for directions and a park map <http://somersetcountyparks.org>.

RWJ Nature Walk: Duke Farms • Mar 23

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, March 23rd 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.

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

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