



RWJ Somerset Walks

Let's Be Healthy Together

June 2019

RWJ Nature Walk: Duke Farms • June 1

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, June 1st 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 HealthHike Meeting: AMC Theatres • June 5

Join us for the final meeting of the season for the HealthHike Walking Program at 10:00 AM on Wednesday, June 5th at the AMC Theatres in Bridgewater Commons Mall. Enjoy a light breakfast and presentation by **Ryan Stevens, MPS, LAT, ATC, CSCS, manager, Physical Therapy, Athletic Training and Fitness** on “**Staying the Course Toward Your Fitness and Activity Goals**”. 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 the HealthHike Meeting at 888-724-7123.**

RWJ Ranger Walk: Duke Island Park • June 15

Discover the rich beauty of this 343 acre site traversed by the historic Raritan Power Canal and the picturesque Raritan River. An expert Park Ranger will lead our group walk along 2.5 to 3 miles of paved and gravel trails at **Duke Island Park**. We will meet in parking lot B at 9:00 AM on Saturday, June 15th. Please refer to the Somerset County Parks web site for directions and a park map <http://somersetcountyparks.org>.

RWJ HealthPro Hike: Bridgewater Commons • June 22

Join us in the food court of the Bridgewater Commons Mall on Saturday, June 22nd at 9:00 AM for the next RWJ HealthPro Hike. **Patrick Wong, MD**, specializing in family medicine and preventative care with RWJ Physician Enterprise, will give a brief presentation on **Physical Activity for Healthy Living** before leading the group on a 2 mile walk around the 2nd and 3rd levels of the Mall.

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

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