



# RWJ Somerset Walks

*Let's Be Healthy Together*

**August 2019**

## **RWJ HealthHike Walking Program: Bridgewater Mall**

The HealthHike Walking Program, sponsored by RWJ Somerset and the Bridgewater Commons Mall, is a free program in which 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 visit the mall office on the first level near Pottery Barn to register and receive an ID badge.

## **RWJ Nature Walk: Duke Farms • August 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, August 10<sup>th</sup> for a 2.5 to 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 • August 17**

The Somerset County Park Rangers will lead this interpretive group walk on Saturday, August 17<sup>th</sup> at **Natirar Park**, Main Street, Peapack. Enjoy the splendor of this property as we walk along the picturesque 1.3 mile Great Meadow Trail and the 1.0 mile Upper Field Nature Trail, crossing fields and meadows, and passing through beautiful wooded areas. 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>.

## **RWJ HealthPro Hike: Bridgewater Commons • August 24**

Join us in the food court of the Bridgewater Commons Mall on Saturday, August 24<sup>th</sup> at 9:00 AM for the next RWJ HealthPro Hike. Vivian Moreno, from RWJ Somerset Community Health, will discuss "Sun Safety for the Summer and Beyond", including daily exposure and the importance of skin cancer screenings. A 45-minute group walk around the 2<sup>nd</sup> and 3<sup>rd</sup> levels of the Mall will follow.

All walking events are FREE.  
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or call 908-685-2814 for more information.

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