



RWJ Somerset Walks

Let's Be Healthy Together

November 2019

RWJ HealthHike Walking Program: Nov 6

Join us for our monthly meeting of the HealthHike Walking Program at 10:00 AM on Wednesday, November 6th at the **AMC Theatres in Bridgewater Commons Mall**. Enjoy a light breakfast and presentation by **Robyn Mustacchio, BS, RRT, CTTS, respiratory therapist** and **Simona Schneider, APN patient navigator** on lung health. 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 Nature Walk: Duke Farms • Nov 9

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 9th 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 • Nov 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, November 16th. Please refer to the Somerset County Parks web site for directions and a park map <http://somersetcountyparks.org>.

RWJ HealthPro Hike: Bridgewater Commons • Nov 23

Join us in the food court of the **Bridgewater Commons Mall** on Saturday, November 23rd at 9:00 AM for the next RWJ HealthPro Hike. **Dr. Patrick Wong**, from Primary & Specialty Care of Edison, part of the RWJ Somerset Physician Enterprise, will give a brief presentation followed by 45-minute group 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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