



# LET'S TAKE A WALK!

## Join our Walking Group!

**When:** Every Monday

**Time:** 9:30-10:30am

**Where:** Duke Island Park (Bridgewater, NJ) in the warmer months and the Bridgewater Mall in the colder ones!

We will provide the water!



## BENEFITS OF WALKING:

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IMPROVES PHYSICAL HEALTH

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ENHANCES MOOD/  
ASSISTS WITH DECREASING STRESS AND ANXIETY

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CAN ASSIST WITH BETTER SLEEP

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GREAT WAY TO CONNECT WITH NATURE

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## TO JOIN PLEASE CONTACT:

Alyssa Importico at

908-253-3108

Or

talk with anyone on your treatment team!