



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:

IMPROVES PHYSICAL HEALTH

ENHANCES MOOD/
ASSISTS WITH DECREASING STRESS AND ANXIETY

CAN ASSIST WITH BETTER SLEEP

GREAT WAY TO CONNECT WITH NATURE

TO JOIN PLEASE CONTACT:

Alyssa Importico at

908-253-3108

Or

talk with anyone on your treatment team!