

MIDDLESEX COUNTY • N J



FITNESS EVENT



September 22, 2022

12pm

Rutgers Gardens

130 Log Cabin Road

North Brunswick, NJ 08902

**Please follow the Event
signs to the parking area.**

Make strides to improve your health and wellbeing by joining local doctors and educators for a walk. While you walk at your own pace, you will have the opportunity to have questions answered by Shailja Mathur, Sr. Program Coordinator, Department of Family and Community Health Sciences (FCHS) and South Asian Total Health Initiative (SATHI) at Rutgers Cooperative Extension.

Featured Topic: National Family Meals Month

Focuses on highlighting the many long-term benefits of families preparing and enjoying meals together.

