



FITNESS EVENT



Featured Topic:

Eat Right Bite by Bite to Prevent Diabetes

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 Tracy Coyle RDN, CDCES, Clinical Nutrition Educator from JFKU Diabetes and Nutrition Center.

April 27, 2023

**Piscataway YMCA
(Indoor Track)**

520 Hoes Lane
Piscataway, NJ 08854

12 PM

