

## SENIOR HEALTH & **FITNESS WALK 2024**

September 25 Roosevelt Park, Edison 10:00 AM - 1:00 PM

To register, complete the form or contact your local senior center. For questions, please email mcoads.events@co.middlesex.ni.us or call 732-745-3295.

## Registration is required by September 4

Please bring a nonperishable food donation in support of REPLENISH and the food pantries in Middlesex County.





Wellness Info **Health Screenings Boxed Lunches** Raffles **T-Shirts Entertainment** 

https://forms.office.com/g/QJMJR7rcsB









