

September is Safe Walking and Cycling Month!

SENIOR WALKING PROGRAM MONDAYS AT 8:30AM



Join us Every Monday at 8:30am
Kick-off is Monday, September 11th, 2017

Meet at The Highland Park Senior/Youth Center.
Transportation will be provided down to
Donaldson Park and the Meadows Nature Trail.

FREE Pedometers will be provided to participants
Please wear comfortable walking shoes,
preferably with laces and reflectors.

This program is organized by HP Senior Services and
SWACC member and Walking Ambassador, Jan Verstraete.
Meet us at the Senior/Youth Center for a walk!!!

Please call (732) 819-0052 to register or for more details!