



September is Safe Walking and Cycling Month!

**KEEP MIDDLESEX MOVING
SENIOR WALKING PROGRAM
Monday, September 18th @ 11:00am**



KMM will be showing the Jay Walker Show, a pedestrian safety video for Seniors at the Senior/Youth Center.

The State of NJ has seen in recent years an alarming rise in the number of pedestrian injuries and fatalities unfortunately, a large percentage are older adults. Keep Middlesex Moving made the "Jay Walker Show," a 12 minute pedestrian video which targets seniors and active adults.

To help reduce the number of pedestrian injuries and fatalities around Middlesex County, Bill Neary, the Executive Director of Keep Middlesex Moving, meets regularly with Senior Citizens to remind his audience how to be safe pedestrians, cover basic safety rules & review walking tips.

This program is organized by HP Senior Services and Middlesex County, Keep Middlesex Moving

Please call 732-819-0052 for more details!