



Free Walking Program

Walking for Wellness: 50 & up, Step It up

A Walking and Drug Education Program for Adults 50 and Older

6 weeks – Saturday September 18 – October 23rd 9:00 am – 10:00 am

Presented by: The Township of Hamilton Municipal Alliance Committee

Location: Woodview Estates Assisted Living, 5030 Unami Blvd., Mays Landing, NJ

This walking program is designed to get the community together to walk. Walking with a partner or group will serve to motivate you to stick to your walking program. This program also includes short educational lessons about drug issues that affect older adults such as:

- Safe Management of Medications
- Alcohol and Aging
- Pain Management and Safety
- Tobacco and the Older Adult

Call or Text
Diane Fox 609-457-7899
Or 609-625-4762

Get in Shape

Feel Great

Lose Weight!