



SENIOR HEALTH & FITNESS WALK 2023

September 20, 2023
Roosevelt Park, Edison
10:00 AM - 1:00 PM

To register, contact your local senior center or
Email: mcoads.events@co.middlesex.nj.us
Call: 732-745-3295

Registration is required
by September 4, 2023

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

Scan for
more info!



Wellness Info
Health Screenings
Boxed Lunches
Raffles
T-Shirts
Entertainment