

SENIOR WALKING GROUP

A bagged lunch will be provided!



LAWRENCE SENIOR CENTER WALKING WITH EASE

Date & Time

TUESDAYS
FROM 11:00 AM - 12:00 PM
6-WEEKS
APRIL 15TH TO MAY 20TH

Address

Meet at Colonial Lake
100 Bridge Dr.
Lawrence, NJ 08648

Lawrence
Residents
+60

Health Benefits

- Improve Balance
- Reduce Pain
- Build up stamina, strength & walking pace!

Registration

Visit or Call the
Senior Center at
(609) 844-7048
to register

