

North Brunswick Township
Department of Parks, Recreation & Community Services
Presents



Seniors On The Move

This is a FREE 10 week program Seniors 55+ focusing on fun activities through health, wellness and prevention. During this program participants will build friendships, learn about fitness , healthy eating habits, and much more all while having fun! Snacks and t shirts will be provided for all participants. Limited spaces available.

Tuesdays
March 28th—May 23rd
10am-11am
North Brunswick Senior Center
(15 Linwood Place)

The last session of this program will be held on Memorial Day at our 5k (May 29th)

To sign up contact the
North Brunswick Senior Center
(732) 418-2222