



SENIOR HEALTH & FITNESS WALK 2025

September 24

Roosevelt Park, Edison

10:00 AM – 1:00 PM

To register, complete the form or contact your local senior center. For questions, please email mcoads.events@co.middlesex.nj.us or call 732-745-3295.

Registration is required by September 8

Come out for a day of fitness and health! Please bring a nonperishable food donation in support of REPLENISH and the food pantries in Middlesex County.

Scan to register!



Wellness Info
Health Screenings
Boxed Lunches
Raffles
T-Shirts
Entertainment

forms.office.com/g/CPCTpmeCEH