



Hackensack
Meridian Health
Hackensack University
Medical Center



Walking Club: Group Walk

Walk This Way!

**Continue to walk individually or join us for a walk together.
Bring a friend or a pet.**

Meeting Place:

Garfield Health Department, 60 Elizabeth Street

Walk Location:

20th Century Park, Garfield, 75 Elizabeth Street

Route:

Around 20th Century Park, depending on your physical activity level.

- 1/3 mile
- 2/3 mile
- 1 mile

Dates:

Wednesday's 11am-12pm/ Marisa Barcia, Program Director, Garfield YMCA

Thursday's 8:30am-9:30am/ Sharon Guerrero, Health Educator, HARP

Tips and Tricks:

Bring a bottle of water/pedometer

**A Community for All Ages
An Age-Friendly Initiative**

