



# FITNESS EVENT

**Saturday, April 6th 10:00 - 11:00AM**

**Woodbridge Department of Health and Human Services  
at 2 George Frederick Plaza, Woodbridge**



**Walk with a Doc is a walking program for everyone interested in taking steps for a healthier lifestyle.**

Make strides to improve your health and well-being by joining local doctors and educators for a walk.

While you walk at your own pace, you'll have the opportunity to have questions answered by **Dr. Sagar Parikh, Dr. Laurent Delavaux, and Dr. Craig Van Dien**, of the Department of Physical Medicine and Rehabilitation, Hackensack Meridian Health and JFK Johnson Rehabilitation Institute.

## Featured topic:

Mind, Body  
and Wellness

For more information please contact: **732-745-8864**  
twyla.paige@co.middlesex.nj.us

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**Regional Chronic Disease Coalition  
Of Middlesex and Union Counties**

Middlesex County: 732-745-3102

Union County: 908-518-5630



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