

SATURDAYS, SEPTEMBER 19TH-OCTOBER 24TH, 2015 AT 8:45 A.M.

WALK & TALK WITH MAYOR ROMA



Please join us for a 2 mile walk around beautiful and historic Beachwood, NJ. This is a 6 week walking series open to all ages and will take place on Saturdays, September 19th through October 24th. Have fun, exercise and get to know your neighbors! The mission of the Mayor's Wellness Campaign is to develop and implement active-living initiatives in our community with the ultimate goal of improving health and reducing the skyrocketing health care costs that come with the obesity problem in New Jersey.

Registration forms will be available at www.beachwoodusa.com

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Mayor's Wellness Campaign
Put your community in motion

Beachwood Mayor's Wellness Campaign

**A community health
initiative**

**Open to all ages and
fitness levels**

**Walk begins at 9:00
a.m. A healthy snack
will be provided at
8:45**

**Join us each week to
meet your goal of
16 miles**

In partnership with

**BEACHWOOD MUNICIPAL
ALLIANCE**

&

**BEACHWOOD
RECREATION**

www.beachwoodusa.com