



**LONG BEACH ISLAND
HEALTH DEPARTMENT**
"SERVING THE ENTIRE ISLAND"



WALK

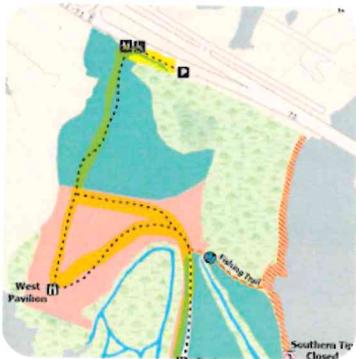
FOR

WELLNESS

**FREE
REGISTRATION
CALL
609-492-1212**

**WHERE:
CEDAR BONNET
ISLAND PARK**

TAKE THE STEPS TO BETTER YOUR MENTAL AND PHYSICAL
HEALTH BY JOINING US IN A GROUP LEAD WALK OR
WALK AT YOUR OWN PACE. (NO PETS)



START AT: 9:30AM



**DISTANCE:
1.5 MILES TOTAL**

WHEN:

MARCH 6

APRIL 10

MAY 1

MARCH 20

APRIL 24

MAY 15

CHECK IN:



Fill out waiver online (www.lbihealth.com) and
bring it with you or fill it out in person.
Receive a raffle ticket for a chance to win a prize.

FOR MORE INFORMATION:

Call: 609-492-1212

Email: lbihd@lbihealth.com