

# Walking for Health & Happiness

Enjoy the Walk  


Become part of the walking movement and see why doctors prescribe it and researchers call it a “wonder drug”.



Trekking pole demonstration included!

- ✓ Strategies for staying safe when walking
- ✓ What to look for to create a more walk-friendly environment
- ✓ Discuss great walks in the West Windsor area
- ✓ A great way to get around town!

**TUESDAY, MAY 12, 2026**  
**10:00 AM**

WEST WINDSOR SENIOR CITIZEN CENTER  
Municipal Complex, 271 CLARKSVILLE ROAD  
WEST WINDSOR, NJ 08550



Fun | Social | Healthy