



# LAWRENCE SENIOR CENTER WALKING WITH EASE

## Date & Time

Thursdays at 1:00 PM  
May 2nd, 9th, 16th,  
23th, 30th & June 6th

## Address

Meet at Colonial Lake  
100 Bridge Dr.  
Lawrence, NJ 08648

## Health Benefits

- Improve Balance
- Reduce Pain
- Build up stamina, strength, & walking pace!

## Registration

Visit or Call the  
Senior Center at  
(609) 844-7048  
to register

Lawrence  
Residents  
+60

  
LAWRENCE TOWNSHIP  
SENIOR  
CENTER

  
HENRY J. AUSTIN®  
HEALTH CENTER  
— The center for wellness —

