SUMMER SERIES
NEW DAY & TIME

LAWRENCE SENIOR CENTER
WALKING WITH EASE

Lawrence Residents +60

Date & Time

Tuesdays at 10:00 AM
June 11th, 18th, 25th &
July 2nd, 9th, 16th, 23rd

Address

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

Health Benifits

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

Registration

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

HENRY J. AUSTIN®
HEALTH CENTER
The center for wellness

LAWRENCE TOWNSHIP
SENIOR CENTER