



SENIOR WALKING GROUP

Lawrence
Residents
+60

LAWRENCE SENIOR CENTER

Date & Time

TUESDAYS
FROM 11:00 AM - 12:00 PM
6-WEEKS
APRIL 22nd TO MAY 27th

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



**IF THE WEATHER IS
RAINY OR TOO HOT,
WE WILL NOT MEET!**



LAWRENCE TOWNSHIP
SENIOR
CENTER

