



Move Yourself! Salem County



March 2015

Indoor Walking Schedule

Indoors Walks will be held at
Salem County Department of Health & Human Services
110 Fifth Street Suite 400 Salem, NJ
856-935-7510 ext 8302
In Large Conference Room at 10 am

Day of the Week	Date
Tuesday	March 3, 2015
Tuesday	March 10, 2015
Tuesday	March 17, 2015
Tuesday	March 24, 2015
Thursday March 26, 2015 at 10 am Special Walk at Fox Rehabilitation The Memorial Hospital of Salem County 310 Woodstown Rd. Salem, NJ 08079 Free Balance Screenings & Light Breakfast	
Tuesday	March 31, 2015

Come Out and Join Us!

The NEW indoor walking schedule is part of the WE Can! Campaign to encourage our residents with special needs to participate. Caregivers and support staff are welcomed to attend.

If a special needs resident requires transportation please contact the Salem County Office of Aging at (856) 339-8622 in advance.

For Updates ,“Like” us on Facebook at Facebook.com/SalemCountyHealth