



Move Yourself! Salem County

Salem County Department of Health & Human Services
110 Fifth Street St. Suite 400 Salem, NJ
856-935-7510 ext. 8302



July 2016 Schedule

Walk -N- Talks Start at 10 am

Location	Date	Talk
Riverview Beach Park Route 49 Pennsville	Tues. July 5	Intro to tick borne diseases
Salem County Recreation Park Corner of Route 130 and Perkintown Rd Oldmans Township	**Thurs. July 7	Lyme Disease
Marlton Recreation Park 123 Marlton Rd. Woodstown	**Tues. July 12	Rocky Mountain Spotted Fever
Fort Mott State Park Fort Mott Rd. Pennsville Twp	Thurs. July 14	Babesiosis
Carney's Point Recreation Park Penns-Grove Auburn Rd. Carney's Point	**Thurs. July 21	How to protect yourself

Indoor Chair Yoga Start at 10 am

The Ware Building 51 Cheney Road Woodstown, NJ (Two miles south of Woodstown off Route 45 behind the Salem County Vo-Tech School)	**Thurs. July 28
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Free Box Lunch July 12 & 21

For registered participants 60+ who reside in Salem County
Call 856-339-8622 to register

**** On these dates we will be partnering with the Office of Disability Services
WE Can! Campaign to encourage residents with special needs to participate.****

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