

Watchung Wednesdays

Free group trail walks for adults with developmental disabilities led by the New Jersey Self-Advocacy project team!

WHEN: Every Wednesday, April 18th - June 27th
11:00 AM - 1:00 PM

WHERE: Trailside Nature and Science Center Parking Lot
452 New Providence Road, Mountainside, NJ

Watchung Wednesdays is part of the Healthy Lifestyles Project, a program generously funded by The Horizon Foundation for New Jersey and developed by the New Jersey Self-Advocacy Project team.

Watchung Wednesdays is a social and recreational program aimed at providing adults with intellectual and developmental disabilities with functional education about health and wellness in a community-based setting. Discussion topics will include stress management, pedestrian safety, healthy snacking, as well as stretching and breathing techniques.

All participants must wear clothing and footwear appropriate for walking trails which may be muddy or unpaved. Snack bars and water will be provided.



PLEASE NOTE:

Event may be cancelled due to inclement weather.
Please call Ashley at 732-743-8345 to confirm.

