



# TRAILBLAZERS: WATCHUNG WEDNESDAYS

Every Wednesday: June 3rd - Sept. 23rd  
10:00 AM - 11:00 AM

Union County's Watchung Reservation  
Trailside Nature & Science Center Parking Lot  
452 New Providence Road, Mountainside, NJ

All participants must wear clothing and footwear appropriate for walking trails. Bathrooms and water are available and there are picnic areas if you wish to eat lunch after the hike. A short stretch and training will take place before we begin walking. **Please be timely and make sure to RSVP!**

The Healthy Lifestyles Project (HLP) is a program of The Arc of New Jersey and receives funding through a grant awarded by The Horizon Foundation for New Jersey. Please be aware that by attending this event you consent to having your photo taken. These images may be used by The Arc of NJ in their social media.

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)

