

Salem County Department of Health and Human Services

COMMUNITY PREPAREDNESS & HEALTH EDUCATION

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NEWS RELEASE

For Immediate Release
April 1, 2014

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Move Yourself! Salem County Continues Walk N' Talks Return This Spring

The Salem County Department of Health & Social Services announces Walk N' Talk program will resume this spring. Similar to last summer, there will be two walks a week at parks all around the county. For the month of April, the walks will take place on Mondays and Wednesdays.

From last summer until now, the Move Yourself! Salem County Walk N' Talks have gained a devoted group of walkers ranging from their early 20's up to 80 years old. The group has met regularly for the past year, moving indoors over the winter. The Walk N' Talks have covered health topics such as cholesterol, taking dietary supplements, and seasonal allergies. The Salem County Department of Health & Human Services' health educator has created a new list of topics to cover.

All walks are dependent on the weather. In the event of severe heat or rain, please contact the Health Department at 856-935-7510, extension 8302. The Office of Disability Services will be teaming up with us to encourage our residents with special needs to participate on dates with ** before it. Below is the list of dates and locations for April 2014's walking events in the county:

- April 14th- Fort Mott State Park, Fort Mott Road in Pennsville Twp., 1:30pm. Topic will be "Superfoods."
- **April 16th- Green Branch Park, 299 Upper Neck Road in Pittsgrove Twp., 1:30pm. Topic will be Public Health.
- **April 21st- Marlton Park, 123 Marlton Rd. Woodstown, 1:30 pm. Topic will be eating healthy on a budget.
- April 23rd- Riverview Beach Park, North Broadway in Pennsville Twp., 10am. Topic will be Aspartame
- **April 28th- Carney's Point Recreation Complex, Penns Grove-Auburn Rd. Carney's Point, 110am Topic will be Lyme's Disease
- **April 30th- Dunn's Park, Shell Rd. Carney's Point, 10am. Topic will be Sun Safety

"This program does a great job of engaging our residents with our community. We have beautiful parks and we love that our residents are utilizing what our county has to offer," said Freeholder Bob Vanderslice, who chairs the Health & Human Services committee.

"This was so successful last year, we are happy to have it resuming this spring. Move Yourself! Salem County has an important goal of encouraging physical activity in our community which can lead to a healthier Salem County," said Freeholder Director Julie Acton.

For more information about Move Yourself! Salem County, visit us online at SalemCountyNJ.gov/Health/Education/MoveYourself. Also, get regular updates and walk dates and times at our Facebook page, located at www.facebook.com/SalemCountyHealth. You can also share how you and your family move on Instagram and Twitter with #MoveYourselfSalemCounty. If you would like to speak directly to the health educator, call 856-935-7510, extension 8302. We look forward to seeing our returning walkers and meeting new residents. All new participants will be given a free pedometer and water bottle. Any member who brings a friend to a walk will receive a gift.



Move Yourself! Salem County



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

April Walk N' Talks

| <i>Location</i> | <i>Date & Time</i> | <i>Topic</i> |
|--|--------------------------------------|----------------------------------|
| Fort Mott State Park Fort Mott Rd. Pennsville Twp. | April 14 th 1:30 PM | Superfoods |
| Green Branch Park 299 Upper Neck Rd. Pittsgrove Twp. | ** April 16 th 1:30 PM | Public Health Week |
| Marlton Recreation Park 123 Marlton Rd. Woodstown | ** April 21 st 1:30 PM | Eating Healthy on a Budget |
| Riverview Beach Park Route 49 Pennsville | April 23 rd 10 am | Aspartame |
| Carney's Point Recreation Complex Penns-Grove Auburn Rd. Carney's Point | ** April 28 th 10 am | Lyme's Disease |
| Dunn's Park Shell Rd. Carney's Point | ** April 30 th 10 am | Sun Safety |

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

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Follow us on Twitter @SalemHealthDept

Share how you move on Instagram with #MoveYourselfSalemCounty