

Salem County Department of Health and Human Services

COMMUNITY PREPAREDNESS & HEALTH EDUCATION

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News Release

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Salem County Health Department Says Snow does not deter “Move Yourself!” Through the Winter

The Salem County Health and Human Services is continuing to move its residents throughout the winter months. The walking program, Move Yourself! Salem County has moved indoors for the colder months and meets once a week at the Salem County Health Department building. The meet-ups are at 10 am on Mondays in the large conference room at the Salem County Fifth Street Office Complex, 110 Fifth Street in Salem. The group uses a walking DVD through the instructor-led program.

In the Summer and Fall, the group met regularly to walk outdoors in various locations throughout the county. The group attracted residents of all ages and various paces of walking, and various health topics were discussed each week.

Now that the winter has set in, it is too cold to walk outdoors but the group recognizes the importance of remaining active.

“I am so happy this walking group has stayed active throughout the colder months,” said Bob Vanderslice, Chair of the Health and Human Services Committee. “It can be so easy to get caught up in the holidays and make excuses not to be active. This group has made a wonderful commitment to themselves to keep moving.”

Freeholder Director Julie Acton agreed.

“I know some of us are longing for warmer days and getting back out into the routine of walk outside. This indoor program is a great alternative. There is plenty of easy parking and the Fifth Street Complex is very accessible.”

For more information about Move Yourself Salem County go to SalemCountyNJ.gov/health/education/move-yourself/ or call 856-935-7510 ext. 8302.

Don't forget to “Like” the Salem County Health Department on Facebook for regular updates on activities and programs through the Health Department at [Facebook.com/SalemCountyHealth](https://www.facebook.com/SalemCountyHealth).

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