



SUMMER *Health & Wellness* **IN THE COMMUNITY** **SERIES**

WEDNESDAYS JUNE 12TH - AUGUST 28TH
COURT STREET PARK BETWEEN 6:30AM AND 1 PM

- 6:30-7:30** SUNRISE YOGA WITH KAREN WALSH- BRING A YOGA MAT
- 7:00-7:45** MAYOR'S WALK AROUND TOWN WITH ERICA EDWARDS- MEETS AT HISTORIC COURTHOUSE
- 7:45-8:15** MORNING MEDITATION WITH LORI THATCH- BRING A BLANKET OR CUSHION
- 8:30-9:30** MORNING YOGA WITH ABBY WALSH- BRING A YOGA MAT
- 10:00-11:00** WALKING GROUP WITH JESSICA ABBOTT
- 10:00-11:00** WALK TO RUN GROUP WITH KAREN GIFFEN
- 10:15-11:15** ZUMBA WITH HUNTERDON COUNTY YMCA
- 11:30-12:30** TAI CHI WITH MATT BRANHAM



Featuring **A DIFFERENT SPEAKER EVERY WEEK 12:30-1:00**

- 12-JUN** SUSAN PETERS - JIN SHIN JYUTSU SELP HELP TECHNIQUES
- 19-JUN** CATHERIN SUTTLE - HUNTERDON COUNTY LAND TRUST ALLIANCE FARMERS' MARKET
- 26-JUN** GARDENER CHIROPRACTICS-HOW TO IMPROVE YOUR ENERGY 100%
- 3-JUL** LORI THATCH - WHY MEDITATE
- 10-JUL** MATT BRANHAM - ACUPUNCTURE AND CHINESE MEDICINE
- 17-JUL** YMCA - KEEPING FIT AND STRONG AT ANY AGE
- 24-JUL** BARKLEYS GOURMET MARKET - ANIMAL HEALTH AND WELLNESS
- 31-JUL** STANGL POTTERY - SOMETHING FOR EVERYONE
- 7-AUG** HMC PALLIATIVE HEALTH CARE - PALLIATIVE CARE AT HMC
- 14-AUG** HART COMMUTER INFORMATION SERVICES & PETE'S BIKE SHOP - BEGINNER BICYCLING & WALKING FOR HEALTH
- 21-AUG** SHOP RITE/SUSAN LANG SAPONARA - NUTRITION
- 28-AUG** LORI THATCH - YOGA FOR CANCER

FOR MORE INFORMATION, CONTACT THE FLEMINGTON BOROUGH GREEN TEAM AT GREENINGFLEMINGTON@GMAIL.COM OR CALL BOROUGH HALL AT 908- 782-8840