



**Mayors Wellness Campaign**

Borough of East Newark  
"Small Borough, Healthy Hearts"

**Open to East Newark,  
Harrison and Kearny**

# **JOIN THE BOROUGH OF EAST NEWARK WALKING CLUB!**

**MEET AT THE CHARLES F. TIGHE RECREATION CENTER LOT -  
44 CENTRAL AVE.**

**EAST NEWARK, NJ 07029**

**EVERY MONDAY & WEDNESDAY @6:30PM**

**Pre-Register at Borough Hall or online!**



# **FLEX THOSE SHOES**

**Starting  
June 3, 2024**

**Please  
bring your  
own water bottle!**