



# WALKFORHEALTH

... Journey to a healthy lifestyle



To benefit programs and services for  
 Saint Barnabas Medical Center and  
 Saint Barnabas Ambulatory Care Center

**Sunday, April 19, 2009**  
**Livingston Mall**

**112 Eisenhower Parkway, Livingston, NJ**

For more information and/or questions  
 please contact:

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94 Old Short Hills Road • Livingston, NJ 07039

Non-Profit Or  
 US Postage  
 PAID  
 Permit No.6  
 Livingston, NJ

## How Can You Help?

You can help in just a few easy steps that will result in great strides!

- Become a part of Walk for Health by completing your registration form! Register by March 13 to ensure you receive a Walk for Health T-shirt.
- Tell others about the Walk for Health and ask them to join you. If they can't join you, maybe they will sponsor you.
- Mail in all of your pledges and pledge sheet as early as possible. If you need more time to collect your pledges, please bring them to Livingston Mall on April 19.
- On April 19, check in at registration even if you have mailed in your pledges.
- Online registration starting February 6.

### Directions to Livingston Mall from Saint Barnabas Medical Center:

- Head south on Old Short Hills Road toward Saint Barnabas Medical Center
  - Turn right at South Orange Avenue
- Make slight right to stay on South Orange Avenue
  - Turn right toward Livingston Mall
  - Turn left at Livingston Mall

The Livingston Mall is located at  
 112 Eisenhower Parkway, Livingston, New Jersey.

Walk for Health... Journey to a healthy lifestyle

## Wellness Village

\*Located on the ground floor

• Receive discounts to mall stores

• Wellness stations



◦ Blood pressure screening

◦ Personal shopping consultant

◦ Health foods & beverages

◦ Nutrition advice

◊ Cooking Lighter

◦ Personal training tips



◦ And much more!



