

**OWEN HENRY**  
**MAYOR**



**HIMANSHU R. SHAH**  
**BUSINESS ADMINISTRATOR**

## **TOWNSHIP OF OLD BRIDGE**

**FOR IMMEDIATE RELEASE**  
**September 18, 2018**

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### ***MAYOR'S HEALTH AND WELLNESS COUNCIL INVITES YOU TO WALK WITH THE MAYOR***

*Enjoy stimulating and educational conversations with Mayor Henry and various health experts on living a quality lifestyle.*

**Old Bridge Township, NJ-** Please Join Mayor Owen Henry and The Mayor's Health and Wellness council as they host "*Walk with the Mayor*" every last Tuesday of the Month starting **Tuesday, October 30, 2018** from **9:00 am – 10:00 am** at the **Shoppes at Old Bridge**.

The purpose of *Walk with the Mayor* is to increase participant physical activity, social connectedness and knowledge of health and quality life issues. Residents will get the opportunity to come out and enjoy exercise, health tips, and have discussions with Mayor Henry and various health professionals.

"I always like to encourage healthy physical activity for people of all ages," said Mayor Owen Henry. This is a great opportunity for our residents to converse on Old Bridge issues, tips on living a healthy life style, and more. It's important for residents to know that the Mayor's Health and Wellness council is here to support them every step of the way."

For additional information, please contact the Mayor's Office of at (732)721-5600 ext. 2060.

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