

Mayor's Walking Club

Hey everyone, with the new year brings new beginnings and experiences. How about unleashing potential and trying something new for 2024? I'm looking for folks who want to do just that. How about joining my Walking Club? You can bring a friend and or be open to making new ones. Let's set goals, have fun and get healthy for the new year. If you are interested, please join me on **Saturday, February 3rd in the back of city hall at 11:00 AM** for a walk around Heritage Park. We will walk twice around the park which equates to approximately one mile. **The plan is to walk on the first Saturday of each month at 11:00 AM with our meeting place always the back of city hall.** I encourage everyone to join me on these Saturday mornings and walk at other times if your schedule allows.

Personal Goals:

- _____ Enjoy our park
- _____ Invite a friend or family member
- _____ Spend time outside
- _____ Get Healthy/ lose weight
- _____ Mental Health
- _____ Enjoy Absecon



Here are some suggested routes with mileage:

1. Once around Heritage Park is approximately ½ mile.
2. Twice around Heritage Park is approximately 1 mile.
3. Another route could be to walk once around the park. Leave the park and walk on Mill Road till you come to Chelsea Rd. Make a left on Chelsea walk along the street on the sidewalk until you come to Elberon Ave. Take a right on Elberon and enter the bike path at the end of the street. Follow that till you come to the tennis courts and Morton Avenue. Walk up Morton. until you come to Highland Blvd. Walk up Highland Blvd, make a left on Chelsea and then a right on Ambassador return to the park. This will be a little over 2 miles.

