WEDNESDAY, OCTOBER 8th

MASKER'S BARN AT WATCHUNG RESERVATION

9 Cataract Hollow Road
Berkeley Heights, NJ
07922

Healthy Lifestyles Project

improving health, improving lives

Healthy Lifestyles Project (HLP) is a program of **The Arc of New Jersey** and receives funding through a grant awarded by the **Horizon Foundation for New Jersey.**

Our goal is to provide people with developmental disabilities with functional **education** about the importance of healthy choices related to **diet**, **exercise**, and **stress management.**

Schedule of Events

10 - 11 AM: Adaptive Yoga Session

11 - 11:30 AM: Fuel up with healthy snacks

11:30 AM - 1 PM: HLP workshop and discussion

1 - 2 PM: Group trail walk!*

*Be sure to wear **warm, comfortable clothing** and **shoes** or **boots** if you plan to participate in the group trail walk.

The Arc of New Jersey

Horizon

The Horizon Foundation for New Jersey

PRE-REGISTRATION REQUIRED

Please contact **Ashley:**

ARITCHEY@ArcNJ.org

732-246-2525. ext. 37

DRIVING DIRECTIONS TO MASKER'S BARN

Google Maps Address:

9 Cataract Hollow Road, Berkeley Heights, NJ 07922

The Deserted Village of Feltville/Glenside Park is located off of Glenside Avenue, along Cataract Hollow Rd. in the Watchung Reservation.

From Eastern Union County:
Take Route 22 west into Mountainside. Turn right at the Getty station onto Summit Road. At the traffic light at the top of the hill, turn left onto Summit Lane. At the traffic circle, take the first right. Continue with directions shown at * below.

From Southern Union County:
Cross over Route 22 in Mountainside at New Providence Road. Continue up the hill, staying left when New Providence Road becomes Deer Path, and take the next right into the Watchung Reservation on W.R. Tracy Drive. At the traffic circle, take the second right. Continue with directions shown at * below.

* Follow W.R. Tracy Drive, staying to the right, as it goes down one mountain to Lake Surprise and up the next mountain to Glenside Avenue. Turn left onto Glenside Avenue and go about one mile to the first paved road on the left. Turn onto this road (Cataract Hollow Road) and
*[redacted] continue driving until you reach the end of the road.

From the West:
Take Interstate Route 78 east to Exit 44. At the bottom of the ramp, turn left onto Glenside Avenue. Turn right onto the first paved road (Cataract Hollow Road) and continue driving until you reach the end of the road.

From the North:
Take Interstate Route 78 west to Exit 43. At the bottom of the ramp, go right on Diamond Hill Road to the first traffic light. Turn right onto McMane Avenue and follow it until it ends at the light at Glenside Avenue. Turn left onto Glenside Avenue. Turn right onto the first paved road (Cataract Hollow Road) [redacted].

*Parking for the **October 8th Healthy Lifestyles Project event** is available at the end of Cataract Hollow Road, adjacent to Masker's Barn.

Questions? Please contact **Ashley** with the New Jersey Self-Advocacy Project at ARitchey@ArcNJ.org or **732-246-2525, ext. 37**

DRIVING DIRECTIONS TO MASKER'S BARN

Google Maps Address:

9 Cataract Hollow Road,
Berkeley Heights, NJ 07922

Masker's Barn is located in the **Deserted Village** of **Watchung Reservation.** Masker's Barn and the parking lot we will use for the October 8th HLP event are located at the *very end* of **Cataract Hollow Road.**

At the beginning of Cataract Hollow Road, you will see two **ROAD CLOSED** signs.

Do ***not*** park in the lot to your right.

Continue driving until you reach the end of Cataract Hollow Road.

Not for us!

Keep driving until you reach the end of the road.

There is a large parking lot next to **Masker's Barn** which has ample room for vans.