

TRAILBLAZERS

[HTTPS://WWW.ARCNJ.ORG/PROGRAMS/NJSAP/HEALTHY-LIFESTYLES-PROJECT/TRAILBLAZERS.HTML](https://www.arcnj.org/programs/njsap/healthy-lifestyles-project/trailblazers.html)



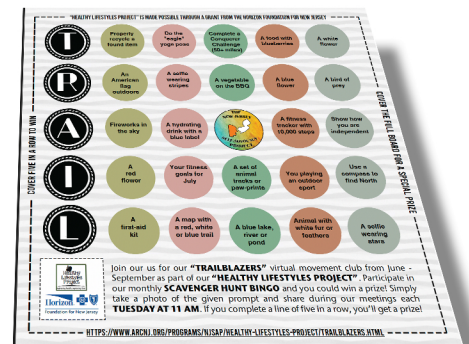
EACH TUESDAY IN JUNE - SEPT.
11:00 AM - 12:00 PM ON ZOOM



Join our virtual movement club, created for people with IDD to lead the way towards healthier habits. Members will make personal goals, socialize, and learn all about hiking, nature, and fitness.

NEW

Play "TRAIL" Scavenger Hunt Bingo each month to win fun prizes!



The 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.