

ALL ARE WELCOME!

WALK & TALK WELLNESS SERIES

HIKE

FOR HEALTH

PRESENTED BY DR. JEFFREY FRIEDMAN

SPONSORED BY THE VILLAGE OF SLEEPY HOLLOW



Take a hike with Dr. Jeff Friedman!

IT'S FUN AND IT'S FREE...

- Enjoy walks along scenic routes throughout the Rockefeller Preserve in Sleepy Hollow with personal trainer and sports enthusiast, Dr. Jeffrey Friedman, D.C.
- A great way to build strength and endurance, under the guidance of an expert.
- Ask questions and get personalized advice to reach your specific goals.

HIKE FOR HEALTH SCHEDULE: FALL 2013:

MEETING TIME: All walks start at 1pm

MEETING PLACE: In parking lot of Stone Barns Center, 630 Bedford Rd., Pocantico Hills, NY

- **OCTOBER 5:** (2 miles)
- **OCTOBER 12:** (3 miles)
- **OCTOBER 19:** (4 miles)
- **OCTOBER 26:** (5 miles)

REGISTER TODAY!

FOR MORE INFORMATION:

Contact **Dr. Jeffrey Friedman**

914-332-4300

drfriedman@healthmattersny.com

MEET YOUR HIKING HOST:

**Jeffrey Friedman/Chiropractor
and Sports Practitioner**

Dr. Friedman of All County Chiropractic has been in practice in Sleepy Hollow, NY for over 15 years with a specialty in rehabilitation-based chiropractic. He is also a board certified chiropractic sports practitioner and holds a Diplomate in rehabilitation practitioner by the American Chiropractic Association. Dr. Friedman is a graduate of Palmer Chiropractic College in Iowa.



MEET YOUR VILLAGE REPRESENTATIVE:

Robin Pell/Parks & Recreation Supervisor

Robin is responsible for the development and implementation of a host of programs designed to foster a sense of community within the greater Sleepy Hollow area. Contact Robin at rpell@villageofsleepyhollow.org.



Sponsored by
the Village of
Sleepy Hollow

