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PALISADES CENTER PARTNERS WITH EMERALD MEDICARE TO HOST FALL WALKING PROGRAM BREAKFAST

West Nyack, NY (September 2021): For years, avid walkers have taken advantage of the perfect weather inside Palisades Center to strut their stuff. In total, there are two miles of indoor walking space at Palisades Center, spanning four levels that allows individuals from Clarkstown and surrounding communities to exercise for free in a safe and warm venue.

As part of the program, Palisades Center hosts free quarterly breakfasts for walkers. The next breakfast takes place on Thursday, September 30 from 9:00AM-10:30AM and is sponsored by Emerald Medicare. Emerald Medicare is a Rockland County based health insurance agency founded to assist seniors in navigating Medicare and all its many choices and plans. Grab and go breakfast menu items will be provided by Palisades Center's Dunkin' and BJ's Wholesale Club.

"We are looking forward to meeting Palisades Center's guests at the upcoming Walking Program Breakfast," said **Mark Brownstein, Director of Medicare of Emerald Medicare**. "We focus on helping our clients understand their Medicare options so they can make informed decisions and deliver solutions that are in their best interest. We are excited to hear the walker's stories and learning more at Thursday's event."

"We welcome the community to utilize our Center to maintain their healthy lifestyles all year long," said **Darrin Houseman, General Manager of Palisades Center**. "We thank Emerald Medicare for providing our fall breakfast and hope people will take the time to speak with Mark about the valuable services that he provides."

"I'm one of the many Clarkstown residents that utilizes Palisades Center's Walking Program to stay healthy," said **Clarkstown Councilman Donald Franchino**. "It's a fantastic program that allows

individuals from Clarkstown and the surrounding communities to exercise for free in a safe and warm venue."

This event is free and advance registration is recommended. Interested guests may also visit www.palisadescenter.com/centered to sign up for updates, download walking maps, and better understand how to combine healthy living, eating and exercise while visiting Palisades Center.

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About Palisades Center

Palisades Center is a four-level shopping center offering 225 brands, 16 sit-down restaurants, a bowling alley, ice rink, the world's tallest indoor ropes course, comedy club, and more. With its unique and diverse merchant mix, Palisades Center is the go-to place for local shoppers and tourists alike. To learn more, visit www.palisadescenter.com, www.facebook.com/palisadescenter, www.twitter.com/palisadescntr, or www.instagram.com/palisadescntr.

About Pyramid Management Group, LLC

Pyramid Management Group, owner of Palisades Center, is one of the largest, most innovative, privately-held real estate developers in the northeast. Headquartered in Syracuse, New York, Pyramid's portfolio of dynamic shopping, dining and entertainment destinations and expanding hospitality presence dominate the northeast with 16 properties located throughout New York and Massachusetts. For nearly 50 years, Pyramid has built its reputation on being first, fast, ahead of the curve and always what's next, leading the industry in combining the best elements of traditional retail with world-class dining and entertainment, all under one roof. For more information, visit www.pyramidmg.com.