



FOOD FOR THOUGHT

Healthy Living



2015 Free Community Wellness Challenge

Registration:

Saturday, April 25, 2015

Garfield Health Department, 60 Elizabeth Street 9-11am

Garfield YMCA , 2nd fl. 70 Outwater Lane 11-2pm

Monday, April 27, 2015

Hasbrouck Heights Municipal Building, 320 Boulevard 4-6pm

Eight weeks to wellness!

- Free exercise classes
- Healthy cooking demonstrations
- Group walks
- Monitor your weight, body composition and blood pressure

Mid-Bergen| Regional Health Commission

