FOOD FOR THOUGHT

Healthy Living

2015 Desafio Gratis Para el Bienestar de la Comunidad

Registro:

Sabado, April 25, 2015

Garfield Health Department, 60 Elizabeth Street 9-11am

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

Lunes, April 27, 2015

Hasbrouck Heights Municipal Building, 320 Boulevard 4-6pm

Ocho semanas para el bienestar!

- Clases de ejercicio gratis
- Demostracions de cocina saludable
- Caminen en groupos
- Controle su peso, composición corporal y la presión arterial

Mid-Bergen| Regional Health Commission

Borough of Lodi New Jersey

HackensackUMC Health Awareness Regional Program

BOYS & GIRLS CLUB OF GARFIELD

BERGEN COUNTY Community Health Improvement Plan CHIP

Meals With A Mission
Catering to the Needs of Others