

# PARK RIDGE/WOODCLIFF LAKE

## NINE WEEK WELLNESS CHALLENGE

APRIL 6 to JUNE 9, 2019



Would you like to get healthier?  
Are you interested in joining your friends and neighbors to get active?

### Join us in our wellness challenge.

Come to our Kickoff on April 6th and receive access to a calendar of free events, including a list of classes available at local gyms, yoga classes, special guest speakers on health and fitness, scheduled walks and runs, a Couch to 5K training program, and classes on nutrition and healthy cooking.

Participating partners include:

The Gym, Lifetime Fitness, Cycle Bar, Orange Theory, Wind Yoga, Fit 4 Moms, Body Positive and more...



Register in person at the kickoff  
or online at [www.parkridgeboro.com](http://www.parkridgeboro.com)

or [www.wclnj.com](http://www.wclnj.com)

Participation is **FREE**  
and will remain open  
throughout the challenge  
All are welcome!

We will be hosting a blood drive at  
the kickoff from 11 am to 3 pm  
Please come and donate

Please bring a nonperishable food  
item for the Food Pantry

**Kickoff Saturday April 6th**  
**Depot Square** (the train station) **in Park Ridge**  
from **Noon to 2 P.M.** Rain Date: April 7th

Local Vendors. Halfway Hounds

**For more information email**

[wellness@parkridgeboro.com](mailto:wellness@parkridgeboro.com)

[parkandrec@wclnj.com](mailto:parkandrec@wclnj.com)



Community Health  
Improvement Partnership  
OF BERGEN COUNTY

