



Get Fit Bergen: Powered by Plants

Tuesday, April 2 | 2:00 – 4:00 pm

Location:

The Shops at Riverside

390 Hackensack Ave, Hackensack, NJ 07601

2:00 PM – Stretching exercise class at **Life Time** (lower level)

3:00 PM – Sample tasting at **True Food Kitchen** (outside entrance)

Registration:

Visit getfitapril.eventbrite.com or scan the QR code



Please join Holy Name and the Bergen County Community Health Improvement Partnership at the Shops at Riverside to Get Fit! Enjoy a complimentary stretch exercise class at Life Time and then a plant-powered sample tasting at True Food Kitchen.

**TRUE
FOOD
KITCHEN**

LIFETIME®




HolyName