

# Mayor's Key to wellness

## 2019 WELLNESS CHALLENGE



Community Health  
Improvement Partnership  
OF BERGEN COUNTY

**THIS TOWN-WIDE CHALLENGE IS FREE TO ALL  
BERGENFIELD RESIDENTS 18 & OVER**

**KICK OFF:** March 24, 2019 1:00PM-3:00PM

Bergenfield Elks lodge: 40 West Church St. Bergenfield NJ

**FINALE:** May 19, 2019 1:00PM-3:00PM

South Presbyterian Church house: 150 W Church St. Bergenfield NJ

### **CHALLENGE OUTLINE:**

- 8 Week program (includes Free and low cost workshops, Free exercise classes & fitness trials: ie walking clubs)
- Weekly weigh-ins
- Health and Fitness guidance
- Raffles and Prizes

TO PARTICIPATE REGISTER FREE ONLINE AT:

**[2019WELLNESS.EVENTBRITE.COM](http://2019WELLNESS.EVENTBRITE.COM)**

**OR IN PERSON AT KICK OFF**

