

It's FUN, FAMILY-FRIENDLY and FREE to join!



THE RINGWOOD HEALTH DEPARTMENT INVITES YOU TO JOIN THE 2023

# WELLNESS CHALLENGE

JUNE 19 TO AUGUST 3

**KICK-OFF ON JUNE 19 AT 5:30 PM**

RINGWOOD SKATEPARK, 18 BORO PARKWAY

## FREE ACTIVITIES INCLUDE:

- YOGA
- ZUMBA
- HIKING
- MEDITATION
- COOKING DEMO
- HEALTHY RECIPES
- SCREENINGS FOR:
  - SKIN CANCER
  - ORAL CANCER
  - HEARING
  - VISION
  - FOOT



Participate in the activities of your choice to get wellness points! Attend the **Finale on August 3rd** and enter to **win raffle prizes** with your points!

If you cannot attend the Kick-Off, you can still join at anytime!

To pre-register and receive all information, contact  
**(973) 971-7033**

**Are you up for the challenge?**

