



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



THE RINGWOOD HEALTH DEPARTMENT INVITES YOU TO JOIN THE 2022

WELLNESS CHALLENGE

JUNE 20 TO AUGUST 4

KICK-OFF ON JUNE 20 AT 5:30 PM
RINGWOOD SKATEPARK, 18 BORO PARKWAY

FREE ACTIVITIES INCLUDE:

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



Participate in the activities of your choice to get wellness points! Attend the **Finale on August 4th** and enter to **win raffle prizes** with your points!

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

For more information or to register, contact
(973) 971-7107

Are you up for the challenge?



WELLNESS CHALLENGE ACTIVITIES SCHEDULE 2022



You do not have to attend all activities to join the Wellness Challenge.

Participate in the activity(s) of your choice and earn wellness points! Each activity is 1 point.

Attend the Finale on August 4th and enter to win raffle prizes with your points!

To register for the challenge or to make an appointment for the health screening(s), contact
(973) 971-7107

KICK-OFF & FINALE

KICK OFF - Monday, June 20 - 5:30pm - Ringwood Skatepark

FINALE - Thursday, August 4 - 5:30pm - Ringwood Public Library

HEALTHY RECIPES cooking demos

ALL ACTIVITIES ARE FREE!

Mondays and Thursdays - 6:00pm to 7:00pm
Ringwood Public Library

- Monday, June 27 - Healthy Breakfast Ideas
- Thursday, July 7 - Fuel for Exercise & Recovery
- Thursday, July, 14 - Healthy Hydration
- Monday, July 18 - Plant-Based Meals
- Monday, July 25 - Healthy Desserts

ZUMBA

to get you movin'

Tuesdays - 6:00pm to 7:00pm
Ambulance Corps

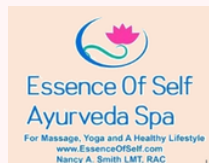
- June 21
- June 28
- July 5
- July 12
- July 19
- July 26

YOGA

for every shape and size

Wednesdays - 6:45pm to 7:45pm
Ringwood Skatepark

- June 22
- June 29
- July 6
- July 13
- July 20
- July 27



MINDFUL MEDITATION

for your inner peace

Thursdays - 8:00am to 9:00am
Ringwood Skatepark

- June 23
- June 30
- July 7
- July 14
- July 21
- July 28

HIKING

no such thing as too much fresh air

Saturdays - 9:00am (one to two hours)

- June 25 - Cooper Union Yellow Trail
- July 2 - Cooper Union Yellow Trail
- July 9 - Puppy Rock Trail/Ryerson School Parking Lot
- July 16 - Puppy Rock Trail/Ryerson School Parking Lot
- July 23 - Cooper Union Yellow Trail
- July 30 - Puppy Rock Trail/Ryerson School Parking Lot

HEALTH SCREENINGS

an ounce of prevention
is worth a pound of cure

SKIN CANCER SCREENING

June 30 - 1:30pm to 3:30pm

EYE SCREENING

July 21 - 1:00pm to 3:00pm

ORAL SCREENING

August 1 - 9:00am to 11:00am

HEARING SCREENING

August 2 - 3:00pm to 6:00pm

APPOINTMENTS REQUIRED

To make an appointment, call
(973) 971-7107

Screenings held at the Ringwood Health Dept. Clinic, 55 Skyline Drive, Suite 203

LOCATIONS

- Ambulance Corps, 115 Alta Vista Dr, Ringwood, NJ 07456
- Cooper Union Yellow Trail, 145 Carletondale Rd, Ringwood, NJ 07456
- Puppy Rock Trail, Ryerson Middle School Parking Lot, 130 Valley Rd
- Ringwood Health Dept. Clinic, 55 Skyline Drive, Suite 203, Ringwood
- Ringwood Public Library, 30 Cannici Dr, Ringwood, NJ 07456
- Ringwood Skatepark, 18 Boro Pkwy, Ringwood, NJ 07456