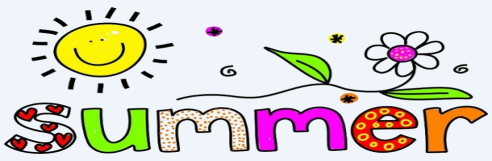
WELLNESS CHALLENGE SCHEDULE OF EVENTS 2019



RINGWOOD LIBRARY

Kick Off– June 19, 5:30PM– 5pts ○

Finale– August 14, 6:00PM– Prizes!

Mondays

Cardio Strength Training

6:45-7:45PM– 3pts

Ringwood Botanical Garden

- ○ June 24 – 3pts
- ○ July 1 – 3pts
- ○ July 8 – 3pts
- ○ July 15 – 3pts
- ○ July 22 -3pts
- ○ July 29 – 3pts
- ○ Aug 5 – 3pts
- ○ Aug 12—3pts

Tuesdays: Shop Rite of Oakland— 3:30-5:30PM

- June 25 – Energy-Boosting Foods- 5pts ○
- July 9 – Cooking with Spices- 5pts ○
- July 23 – No-Cook Meals Demonstration- 5pts ○
- July 30 – Back to School Snack Demonstration- 5pts ○

Wednesdays: Health Education Series– 6:00-7:00PM

Ringwood Library

- June 26 – Better For You BBQ– 5pts ○
- July 3 – The Sun and Your Skin– 5pts ○
- July 17 – All About Herbs– 5pts ○
- July 24– Healthy Hydration– 5pts ○
- Aug 7– Cool Meals For Hot Weather– 5pts ○

Tuesdays- 6:45-7:45PM

Ringwood Botanical Garden

- ○ June 25 – 3pts
- ○ July 2 – 3pts
- ○ July 9 – 3pts
- ○ July 16 – 3pts
- ○ July 23 – 3pts
- ○ July 30 – 3pts
- ○ Aug 6 – 3pts
- ○ Aug 13 – 3pts

ZUMBA—6:45PM- Erskine Lakes Firehouse

- July 10 – 5pts ○
- July 31 – 5pts ○

Thursdays- Meditation, "Centering Walk," Yoga

8:00-9:00am– Ringwood Botanical Garden- 3pts each

June 20, June 27, July 11, July 18, July 25, Aug 1, Aug 8

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Thursdays- Yoga– 6:45-7:45pm

Ringwood Botanical Garden- 3pts each

June 20, June 27, July 11, July 18, July 25, Aug 1, Aug 8

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Ringwood Farmer's Market

Saturdays, 9am –1pm

5pts per visit

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West Milford Farmer's Market

Wednesdays, 3pm -7pm

5pts per visit

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