

Falling Into Wellness

\$25

Monday

Walk n Talk:

E.G. Hewitt Walking Path

5:30PM-6:30PM

DATES:

Invasive Species

October 6th

Heart Health

October 13th

Stretching

Exercises

October 27th

Additives in Food

November 3rd

Tuesday

Nutrition Food

Education:

Ringwood Community Center,
2nd Floor

6:30PM-7:30PM

DATES:

Cooking for Your Mood

October 7th

Energy Drinks

October 21st

Nutrition and the Immune System

October 28th

Thursday

Meditation in

Movement:

Ringwood Community Center,
2nd Floor

6:30PM-7:30PM

(Yoga Mat Needed)

DATES:

October 9th

October 16th

October 23rd

October 30th

November 6th

Saturday

Hike:

9:00AM

(1 to 2 hours)

Dates:

Cooper Union Trail

October 4th

Puppy Rock Trail

October 11th

Manor Trail

October 18th

Ringwood Library Trail

October 25th

Cooper Union Trail

November 1st

Locations:

Ringwood Community Center: 112 Erskine Road, Ringwood

Cooper Union Yellow Trail: 145 Carletondale Road.

Puppy Rock Trail, Ryerson Middle School: 130 Valley Road

Manor Trail: 18 Boro Parkway, Ringwood.

Ringwood Library Trail: 30 Cannici Drive, Ringwood.

E.G. Hewitt Elementary School: 266 Sloatsburg Rd.

Register online at Communitypass.net under

'Health Department Programs 2025'

For any questions please email: jbruno@ringwoodnj.net