

# THE RINGWOOD HEALTH DEPARTMENT INVITES YOU TO JOIN THE 2025



## SUMMER WAVES OF WELLNESS

A  
treasured  
community  
tradition!

### JUNE 23 THROUGH AUGUST 4TH

ALL WELCOME: No previous experience required!

Save the  
**DATE**



Kick-Off on  
**JUNE 23**



Starting at  
**5:30 PM**

Ringwood Skatepark, 18 Boro Parkway

#### STEP 1

##### Register for W.O.W.!

Pay a registration fee of up to \$40 (\$30 for Hiking, Outdoor Yoga, Meditation, Walk & Talks, & Nutrition Food Demos; \$10 for Zumba). With 30+ activities over 6 weeks, it's a great bang for your buck! Sign up through Community Pass using link below.

#### STEP 2

##### Come to the Kick-Off!

Get registered, grab your Schedule-of-Events, and socialize. Kick-off includes our first yoga session of the season. If you cannot attend the Kick-Off, you can still sign-up at any time!

#### STEP 3

##### Participate in Activities!

Review your Schedule-of-Events and pick what works best for you. Activities include yoga, hiking, Zumba, mindful meditation, nutrition demonstrations, and fun, educational 'Walk & Talks'! You are not required to attend all activities.

#### STEP 4

##### Celebrate at the Finale!

Attend with a friend, grab food, and bask in your success. Then, come back next year! Finale on August 4<sup>th</sup> with a mindful meditation and light refreshments.

# REGI STRA TION

To register\*, please visit:

**Community Pass**

\*includes registration fee of up to \$40

For help with sign-ups, email

[jbruno@ringwoodnj.net](mailto:jbruno@ringwoodnj.net)

COMMUNITY PARTNERS INCLUDE:



Atlantic  
Health System  
Atlantic Corporate Health



Essence of Self LLC  
AYURVEDA SPA  
Nancy A. Smith  
L.A.T.T.  
52 Skyline Drive • Ringwood NJ 07456 • 201-768-6322  
Reserve and Shop at [www.essenceofself.com](http://www.essenceofself.com)



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