

# FREE...NO COST

## Wellness Program for Adults



**You're Invited to Join Us  
On Any One  
of the Dates Listed!**

**WHERE:** Tice Center  
411 Chestnut Ridge Rd.  
WOODCLIFF LAKE, NJ

**WHEN:** 1st Thursday of the  
the Month

**TIME:** 11:30 am to 12:30 pm

**DATES FOR 2023:**

Jan. 5	Apr. 6	Sep. 7
Feb. 2	May. 4	Oct. 5
Mar. 2	Jun. 1	Nov. 2
		Dec. 7

No program in July and August.

For more information call:  
**201-391-4977 x200**

### **SERVICES INCLUDE:**

- ◆ Health History Evaluation
- ◆ Blood Pressure Measurement
- ◆ Height and Weight
- ◆ Individualized Counseling and Education
- ◆ Referral and Follow-up
- ◆ Confidential Consultation with a Public Health Nurse

This program is made possible by the contract your local Board of Health holds with the Bergen County Department of Health Services for programs and services like these that are designed to meet the needs of residents.