

Attention Haworth Residents!

YOU ARE INVITED TO PARTICIPATE IN THE



2016

Bergen County Wellness Challenge



Community Health
Improvement Partnership
OF BERGEN COUNTY



What is the Challenge:

An effort to increase overall wellness in our community.

Includes:

Free membership to **HNNH fitness** throughout the challenge, weekly local exercise classes, blood pressure screenings, food demonstrations, and health lectures....all for **free!**

Starts Monday **March 21st at 7:00pm** at the Haworth Library

Who is invited to participate:

Residents of Haworth

Must be 18 years or older

How to Register:

Register by calling HNN fitness at 888-236-4236
or email hnhfitness@holyname.org

For more information about the challenge contact:

Rachel Mullin at Rmullin66@gmail.com or Karen Eigen at nicosashmy@gmail.com