



THE MAYORS WELLNESS CAMPAIGN

“WALK WITH THE MAYOR”

THURSDAY, DECEMBER 1, 2016

7:00 TO 8:00 P.M.

WALTER T BERGEN

WALKING PATH

225 GLENWILD AVE , BLOOMINGDALE NJ 07403

The Mayors Wellness Campaign (MWC) was created to develop and implement active-living initiatives in the community. The ultimate goal of the MWC is to improve health and the quality of life, while reducing the health care costs that are associated with a sedentary lifestyle. We would like you to join us on this new health program.

No Pets

Pedometers and water will provided

Weather permitting

FOR MORE INFORMATION CONTACT: MAUREN TIERNEY 973-219-5306

