FREE...NO COST

Wellness Program for Adults



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

WHERE: The Annex Bldg. 678 S. Maple Ave. Glen Rock or Glen Rock Senior Bldg. 1 Glen Court

TIME: 10:00-11:30am 12:30-2:30pm

WHEN:

DATES FOR 2026

Jan. 27	July 28
Feb. 24	Aug. 25
Mar. 24	Sept. 22
April 28	Oct. 27
May 26	Nov. 24
June 23	Dec. 22

For more information call:
201-670-3956

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.