# 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

**WHEN:** 4th Tuesday of the month

**TIME:** 10:00 -11:30 am

## 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.