

**FREE...NO COST**

# Wellness Program for Adults



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

**WHERE: Oradell Senior Veterans  
Bldg.**

**1 Veterans Pl**

**WHEN: 3rd Tuesday of the  
month**

**TIME: 9:30 -11:00 am**

## **DATES FOR 2026:**

**Jan. 20**

**July 21**

**Feb. 17**

**Aug. 18**

**Mar. 17**

**Sept. 15**

**Apr. 21**

**Oct. 20**

**May 19**

**Nov. 17**

**June 16**

**Dec. 15**

## **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**

For more information call:

**201-261-8106**

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.