

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

For more information call:

201-261-8106

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.