

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. Oradell, NJ
*Borough Hall
355 Kinderkamack Rd
Oradell, NJ*

WHEN: 1st Thursday *at Borough Hall*
3rd Tuesday *at the Senior Center*

TIME: 10:30 am –12:00 pm

DATES FOR 2024:

Jan. 4/16	May. 2/21	Sep. 5/17
Feb. 1/20	Jun. 6/18	Oct. 3/15
Mar. 7/19	Jul. 16	Nov. 7/19
Apr. 4/16	Aug. 1/20	Dec. 5/17

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.