

**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

**WHEN:** 1st Thursday  
3rd Tuesday

**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.