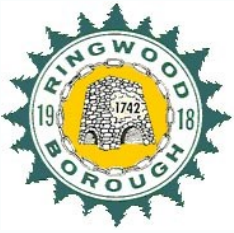


The Ringwood and Wanaque Health Departments invite you to join the

# Wellness Challenge

The Challenge will begin on June 18th



Join our **Fun** and **Free** Summer Wellness Challenge. We will have walks, yoga classes, and meditation sessions at the Ringwood Botanical Garden.

Also included will be nutrition programs and demonstrations, health education and more. Participants will earn points for each activity they attend for a chance to win prizes!

**For more information or to register please contact  
Aurea De Leon, Health Educator at  
Aurea.Deleon@atlantichhealth.org or (973) 831-5455**

**Are you up for a family friendly challenge?**

**Activities will be in the evenings, mornings and during the day!**

**The Kick-Off is on June 18th from 6:30-7:30pm at the  
Ringwood Public Library.**

