



2016 Health & Wellness Programs for Adults

Get your life back on track and learn to live a healthy lifestyle. The programs are FREE and led by a Registered Nurse.

Program includes:

- Blood pressure assessment**
- Body mass index measurement**
- Diabetes risk assessment**
- Stress management**
- Health Education**
- Community resources**



Date: Second Tuesday every month
Time: 1:30 to 3:30 p.m.
Location: Mahwah Senior Center
475 Corporate Drive, Mahwah

Date: Fourth Tuesday every month
Time: 2:00 to 4:00 PM
Location: Norfolk Village Community Room
1201 Norfolk Road, Mahwah, NJ 07430

Sponsor: **MAHWAH BOARD OF HEALTH**

For More Info call: Nursing services provided by:
Health Awareness Regional Program of HackensackUMC
551-996-2038