

Four Town Wellness Challenge

Residents of: *Bloomington, Kinnelon, Pequannock & Riverdale*

Endorsed by The Mayors Wellness Campaign



WHO:

Adults ages 18 and up residing in Bloomington, Kinnelon, Pequannock and Riverdale



Four Town Wellness Challenge

Participate in events all summer long and accumulate points. The more points you accumulate, the more raffle tickets you earn and the more chances you have to win prizes! Participants will receive a laminated card with a schedule of events.

WHAT:

WHERE:

&

WHEN:

**Kickoff Tuesday June 26
7:00PM**

- ⇒ *Senior House, 530 Turnpike, Po. Pl.*
- ⇒ Get 4 points for attending!
- ⇒ Meet our vendors
- ⇒ Pick up your event schedule

**Finale Tuesday August 21
7:00PM**

- ⇒ *Senior House, 530 Turnpike, Po. Pl.*
- ⇒ Get 4 points for attending
- ⇒ Enter raffle tickets to win prizes

Four Town Wellness Challenge Schedule of Events	
Residents of: Bloomington, Kinnelon, Pequannock & Riverdale All events are FREE of charge except items purchased at farmers markets	
<input type="radio"/> Tuesday June 26, 7 pm — Kick off Event—4 pts <input type="radio"/> Tuesday August 21, 7 pm — Finale—Prizes—4 pts Senior House—530 Turnpike, Pompton Plains Program Duration is 9 weeks	4 points = 1 raffle ticket The more you participate, the more chances you have to win great prizes!
Yoga Class— <input type="radio"/> Spa 23 (1481 Rt. 23 So., Pt. Pleasant)—2 pts <input type="radio"/> Highland Yoga (1572 Rt. 23, Butler)—2 pts <input type="radio"/> Simply Be Yoga (174 Tpk. Pt. Pl.)—2 pts	All Star Taiwandos & Fitness— 138 Ramsey Tp., Riverdale One Month of Free Classes 2 pts per class
<input type="radio"/> Spa 23—Take one class (174 Tpk., Pt. Pleasant) <input type="radio"/> Group Fitness, Free Swim OR 1/2 hour personal training session—2 pts	Mondays—6:45 pm—7:45 pm "Walk or Run" 2 pts (Pequannock High School Track) July 2, 9, 16, 23 & 30 August 6 & 13
<input type="radio"/> New York Sports Club—(1481 Rt. 23 Butler) <input type="radio"/> One Day Pass—2 pts	Wednesdays—6:45 pm—7:45 pm "Walk or Run" 2 pts (Kinnelon High School Track) July 11, 18, 25 August 1, 8, 15
<input type="radio"/> July 26, 8:15am-9am Cardio & Strength Class by USA Fit for Life—2 pts (PV Park, Pompton Plains)	Health Education Series—Shoprite of Lincoln Park Jersey Fresh Fridays—Pick up a recipe @ store— Show proof you made it (picture) Nutrition Consult with dietitian One on one store tour 2 pts each
<input type="radio"/> Advanced Fitness & Wellness (138 Oak Pt., Riverdale) <input type="radio"/> 1/2 hour personal training session, 1 fitness class OR 1 functional training session—2 pts	Do you have Diabetes or Prediabetes? (138 West Bluebonnet St., Dover) Make appointment at: Zuffel Health for a consultation regarding case management & control Call Kristian @ 973-328-9100 ext 561 4 pts for joining program, 4 pts per visit Morris County Residents Eligible
<input type="radio"/> Kickboxing @ Riverdale Sq., Bloomington 1 week of classes—2 pts per class	Rivendale Farmers Market Tuesdays, 2pm—7pm 4 points per visit Bring in receipt as proof of purchase



Contact Gail Gratzel for more information or to register
973-835-5700 ext. 112 or ggratzel@peqtwp.org