

PARK RIDGE / MONTVALE

6 WEEK WALKING CHALLENGE

APRIL 30 to JUNE 11, 2016



Step up to Health

Live a more active, healthier life by joining us in our walking challenge.

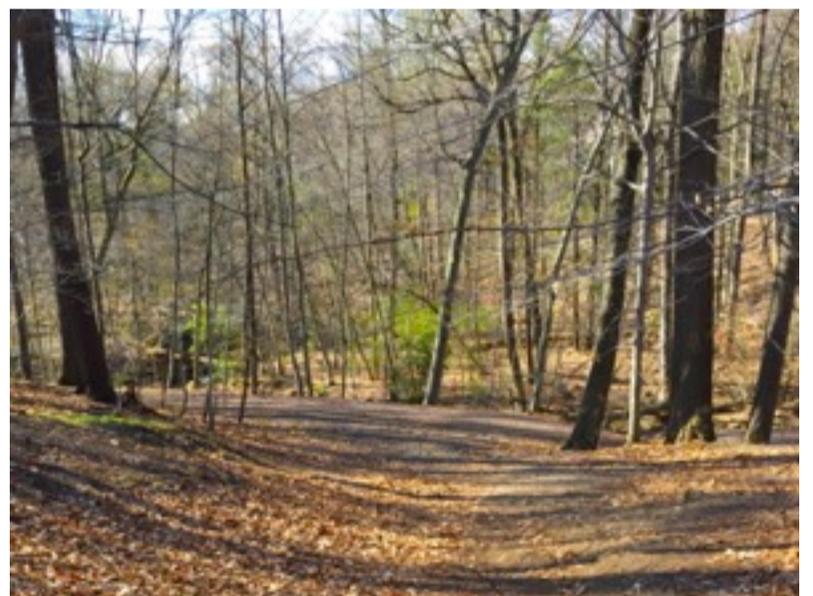
Come to our Kickoff on April 30th and receive a calendar of scheduled walks (including a walk with the Mayors, a historical walk, a walk with first responders and more), a list of free classes available at The Gym and Lifetime Fitness, free yoga classes, and special guest speakers on health and fitness. Complimentary 30 day gym memberships will be raffled off at the Kickoff, and at the end of the challenge, at the Park Ridge town picnic.



Register in person at the kickoff or online at www.bergenhealth.org

Registration is FREE

and will remain open throughout the challenge



Come to our Kickoff event on April 30th at the Atrium in Park Ridge from 9-11am



Register at www.bergenhealth.org

follow the links to the Park Ridge/Montvale challenge

For more information e-mail tchristopher@parkridgeboro.com

