


Waldwick's Wellness Challenge



- Open to all residents
- In order to participate in the weight-loss component, you must be at least 18
 - Pre-Registration is required via www.nwbrhc.org

Choose Your Fun

- Wellness Challenge
- Weight Loss Challenge
- 5K Run/Walk on 5/1/16
- Health Education Programs



Weekly Weigh-In Locations

- The Waldwick Public Library, 19 East Prospect Street
Mon-Thurs 10am-9pm & Fri-Sat 10am-5pm
- The Waldwick Health Center, 22 Whites Lane
Wed 8am-12pm & 2pm-3pm
- NorthWest Bergen Regional Health Commission, 20 West Prospect Street
Mon-Thurs 8:30am-4:30pm & Fri 8:30am-4pm
- You can also complete the weigh-ins at home

March 13 – March 20 Kick Off & Initial Baseline Weigh-Ins	Week 1: 3/20-3/26	Week 5: 4/17-4/23
	Week 2: 3/27-4/2	Week 6: 4/24-4/30
	Week 3: 4/3-4/9	Week 7: 5/1-5/7
	Week 4: 4/10-4/16	Week 8: 5/8-5/14

For information regarding the challenge & registration, please visit www.nwbrhc.org or E-mail

waldwickwellnesschallenge@gmail.com

or call (201) 445-7217 ext. 203



NorthWest Bergen
Regional Health Commission

Good Public Health Grows a Stronger Community

