



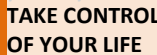







EDGEWATER/CLIFFSIDE WELLNESS CHALLENGE  
HEALTHY EVER AFTER 2017

Use these icons for event scheduling, or copy and paste in your own.

 WALKING	 YOGA	 NUTRITION	 Party	 TAKE CONTROL OF YOUR LIFE	 Whole Foods	 Excercise
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April 2017

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Week 1</b>	---- <b>EDGEWATER COMMUNITY</b> 1167 RIVER RD EDGEWATER	---- <b>CLIFFSIDE PARK HOUSING</b> 500 GORGE ROAD	----	----	----	----	<b>1</b>
<b>Week 2</b>	<b>2</b>	<b>3</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
<b>Week 3</b>	<b>10</b> 	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Week 4</b>	<b>16</b> 	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>  <b>WELLNESS KICK OFF</b> <b>6-7:30 PM</b> <b>EDGEWATER</b>	<b>22</b>
<b>Week 5</b>	<b>23</b> <b>-11</b>	<b>24</b> <b>WALKING</b> PUT YOUR BEST FORK FORWARD 11AM-12NOON WHOLE FOODS Walking tour dietician 6-7:30PM	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b> <b>CLIFFSIDE PARK HOUSING</b> The Importance of FIBER in Weight Loss Shop Rite Dietician 4-5 pm	<b>29</b> <b>EDGEWATER</b> GYM GUYZ 9:15-10am

Edgewater 1167 River Rd

Cliffside Park 500 Gorge Rd. Senior Center