



The Ringwood Health Department Presents...

**MOVEMENT AS MEDICINE**

**MOVE WELL, LIVE WELL.**



<b>Dates:</b>	<b>Activity:</b>	<b>Location:</b>
Wednesday April 17 <sup>th</sup>	<b>Pilates</b> 6:15pm-7:15pm *Sign up Needed	Ringwood Community Center Second Floor
Thursday April 18 <sup>th</sup>	<b>Yoga</b> 7:00pm-8:00pm	Ringwood Community Center Second Floor
Wednesday April 24 <sup>th</sup>	<b>Pilates</b> 6:15pm-7:15pm *Sign up Needed	Ringwood Community Center Second Floor
Thursday April 25 <sup>th</sup>	<b>Yoga</b> 7:00pm-8:00pm	Ringwood Community Center Second Floor
Wednesday May 1 <sup>st</sup>	<b>Pilates</b> 6:15pm-7:15pm *Sign ups Needed	Ringwood Community Center Second Floor
Thursday May 2 <sup>nd</sup>	<b>Yoga</b> 7:00pm-8:00pm	Ringwood Community Center Second Floor
Wednesday May 8 <sup>th</sup>	<b>Pilates</b> 6:15pm-7:15pm *Sign up Needed	Ringwood Community Center Second Floor
Wednesday May 15 <sup>th</sup>	<b>Pilates</b> 6:15pm-7:15pm *Sign up Needed	Ringwood Community Center Second Floor
Thursday May 16 <sup>th</sup>	<b>Yoga</b> 7:00pm-8:00pm	Ringwood Community Center Second Floor
Wednesday May 22 <sup>nd</sup>	<b>Pilates</b> 6:15pm-7:15pm *Sign up Needed	Ringwood Community Center Second Floor
Thursday May 23 <sup>rd</sup>	<b>Yoga</b> 7:00pm-8:00pm	Ringwood Community Center Second Floor
Thursday May 30 <sup>th</sup>	<b>Yoga</b> 7:00pm-8:00pm	Ringwood Community Center Second Floor

**\*FREE  
EVENT\***

**FOR ANY QUESTIONS OR TO  
SIGN UP PLEASE CONTACT**  
  
**Jenna Bruno (973) 962-7079.**

\*\*This program will be held on the 2<sup>nd</sup> floor if special accommodations are needed, please let me know \*\*