

Join the Ringwood Health Department and celebrate
February as National Heart Month

HEART HEALTH DAY

Saturday, February 11, 2023

2:00PM to 5:00PM

Ambulance Corps Building

115 Alta Vista Drive, Ringwood

Boost Your Physical and Mental Wellness with:



LIVE ZUMBA CLASS!!

(3pm-4pm)

RELAXING MASSAGE

(2-3pm & 4-5pm)

RESISTANCE BANDS USE DEMO

MOBILITY TRAINING

reduce chronic pain using movement

(2-3pm & 4-5pm)

HEART HEALTHY MEALS TIPS

BLOOD PRESSURE SCREENING

FREE EVENT



Atlantic
Health System



Program sponsored by the Ringwood Health Department