

Tri Town Wellness Challenge Schedule of Events

Monday June 27

6:30-7:30pm- Ringwood Library

Introduction to Meditation for Well Being- 4pts

Kick Off– June 21, 7pm– Ringwood Library– 5pts

Finale– August 16, 7pm– Ringwood Library-Prizes!

Wednesdays

5:45-6:30 pm-Yoga– 3pts

6:45-7:45pm– Walk- 2pts

Ringwood Botanical Garden

Yoga and Walk

June 29– 3pts– 2pts

July 6– 3pts– 2pts

July 20– 3pts– 2pts

July 27– 3pts– 2pts

Aug 3– 3pts– 2pts

Aug 10– 3pts– 2pts

Tuesdays: Health Education Series– 7:00-8:00pm

Passaic County College, Haskell

June 28– Summer Salads– 4pts

July 5– Lyme/Tick Diseases Prevention– 6pts

July 19– Lightened Up Desserts and Treats– 4pts

July 26– Better Beverages and Smoothies– 4pts

Aug 2– Mosquito Control and the Zika Virus– 6pts

Aug 9– Osteoporosis and Bone Health– 6pts

Thursdays– 8:00-9:00am “Centering Walk” Walk, Yoga, Meditation

Ringwood Botanical Garden- 3pts each

June 23, June 30, July 7, July 14, July 21, July 28

August 4, August 11

June 22, 10-1pm– Healthy Barbecue and Men’s Health, Shop Rite of Oakland– 4pts

July 18, 10-11am-Store Tour, Shop Rite of Warwick-5pts

July 11, 7-8pm– Heart Healthy Nutrition, Passaic County College in Haskell– 4pts

July 20, 10-3pm-Store Tours, Shop Rite of Oakland, sign up is required– 5pts

Aug 1, 5-6pm– Meatless Monday, Shop Rite of Warwick– 4pts

Aug 2, 10-1pm– Lunches to Love, Shop Rite of Oakland– 4pts

Aug 15, 10-11am– My Plate and Healthy Eating on a Budget, Shop Rite of Warwick– 4pts

Thursdays

6:45-7:45pm

Wawayanda State Park

Walk

June 23– 2pts

June 30– 2pts

July 7– 2pts

July 14– 2pts

July 21– 2pts

July 28– 2pts

Aug 4– 2pts

Aug 11– 2pts

Ringwood Farmer’s Market

Saturdays, 9am -1pm

5 points per visit

West Milford Farmer’s Market

Wednesdays, 3pm -7pm

5 points per visit