

The Ringwood, Wanaque, and West Milford Health Departments and Chilton Medical Center invite you to join the

# Tri-Town Wellness Challenge



The Challenge will begin on June 21



Join our **Fun** and **Free** Summer Wellness Challenge. We will have walks as well as meditation classes at our beautiful state parks. Also included will be nutrition programs and demonstrations, health education and more. Participants will earn points for each activity they attend for a chance to win prizes. Participants will earn points for shopping at our local farmer's markets too!

For more information or to register please contact  
**Jessica Kelly, Health Educator at**  
**Jessica.kelly@atlantichhealth.org or (973) 831-5455**

**Are you up for the Challenge?**

Activities will be in the evenings, mornings and during the day!

