

# Tri-Town Wellness Challenge

I am happy you have agreed to participate in this year's Tri-Town Wellness Challenge! Below you will find information about each of our events. Points will be awarded for every event that you attend. The more you participate the more points you will earn towards prizes! Please remember to bring your schedule with you to receive your points! For every 25 points you get you will receive a raffle ticket for a chance to win a prize!

If you're unable to attend our kick off session please let me know and I can mail you a laminated copy of the schedule of events. If you have any questions please feel free to contact me, **Jessica Kelly email [Jessica.kelly@atlantichhealth.org](mailto:Jessica.kelly@atlantichhealth.org) or by phone 973-831-5455**. You will need to sign a release form to prior to participating in walks or any exercise class. I can send you a release form and they will also be available at the Kick Off.

**\*Please note that any outdoor walks or classes will be weather permitting. In the event of rain/bad weather the walk or class will be canceled.**

**Kick Off-** June 21<sup>st</sup>, **7-8pm** Ringwood Library, 30 Cannici Drive, Ringwood  
**Finale-** August 16, **7-8pm** Ringwood Library, 30 Cannici Drive, Ringwood

## Mondays

**June 27, 6:30-7:30pm** - Introduction to Meditation for Well Being at the Ringwood Library, 30 Cannici Drive, Ringwood.

**July 18, 10-11am**- Store Tour, Gina McAteer, MS, RD, CDN: Dietitian, Shop Rite of Warwick. Learn about all the healthy options that are available at Shop Rite and how to make better choices. The Store Tour will be at Shop Rite of Warwick, at 153 State Route 94, Warwick, NY 10990.

**July 11, 7-8pm**- Heart Healthy Nutrition, presented by Tara Bonanno, MPH, RD: Dietitian, Shop Rite of Oakland. The presentation will be at Passaic County College, 500 Union Ave, Haskell in room W6.

**August 1, 5-6pm**- Meatless Monday, Gina McAteer, MS, RD, CDN: Dietitian, Shop Rite of Warwick. The presentation will be at Shop Rite of Warwick, at 153 State Route 94, Warwick, NY 10990.

[August 15, 10-11am](#)- My Plate and Healthy Eating on a Budget, Gina McAteer, MS, RD, CDN: Dietitian, Shop Rite of Warwick. The presentation will be at the Shop Rite of Warwick, 153 State Route 94, Warwick, NY 10990.

## Tuesdays

**Health Education Series**- All programs will be from 7:00-8:00pm at Passaic County College, 500 Union Ave, Haskell in room W6.

[June 28](#)- Summer Salads, Danielle Colombo, RD: Dietitian, Shop Rite of Lincoln Park

[July 5](#)- Lyme/Tick Diseases Prevention, Amy Rowe, PH.D: Environmental and Resource Management Agent, Essex and Passaic Counties: Rutgers Cooperative Extension

[July 19](#)- Lightened Up Desserts and Treats, Danielle Colombo, RD: Dietitian, Shop Rite of Lincoln Park

[July 26](#)- Better Beverages and Smoothies, Danielle Colombo, RD: Dietitian, Shop Rite of Lincoln Park

[Aug 2](#)- Mosquito Control and the Zika Virus, Joseph Pezzillo, Superintendent, Passaic County Mosquito Control

[Aug 9](#)- Osteoporosis/Bone Health, Christopher Bauer, MD: Obstetrics and Gynecology

[August 2, 10am-1pm](#)- Visit the Shop Rite of Oakland located at 14 Post Road, Oakland for Lunches to Love, presented by Tara Bonanno, MPH, RD: Dietitian, Shop Rite of Oakland. Learn new ideas to get out of the same lunch routine.

## Wednesdays

[Ringwood Botanical Gardens Yoga, 5:45-6:30pm](#)- Park in Parking lot A at the Skylands Botanical Gardens in Ringwood, 2 Morris Road. Meet either **Margie** or **Ina** from Essence of Self at parking lot A for yoga. Please bring a yoga mat with you. You're welcome to stay for the walk after! We will meet in Parking Lot A for the walk.

**Dates**- June 29, July 6, July 20, July 27, August 3, and August 10

[Ringwood Botanical Gardens Walk, 6:45-7:45pm](#)- The dates for the walk are listed on your schedule. Meet **Jessica**, Health Educator in parking lot A at the Skylands Botanical Gardens in Ringwood, 2 Morris Road at 6:45 pm. We will then go for a walk around the gardens which should last for about 1 hour.

**Dates-** June 29, July 6, July 20, July 27, August 3, and August 10

[West Milford Farmer's Market, 3-7pm](#)- Visit the West Milford Farmer's Market on Wednesdays located at the Presbyterian Church, Union Valley Road and Milford Lane, West Milford. There will be no farmer's market on July 13. See a staff member for your points.

[June 22, 10-1pm](#)- Visit the Shop Rite of Oakland located at 14 Post Road, Oakland for a Healthy Barbecue program, presented by Tara Bonanno, MPH, RD: Dietitian, Shop Rite of Oakland. Men's Health information will also be provided, which will include information on nutrients of concern for men and medical tests men need in order to stay healthy.

[July 20, 10-3pm](#)- Sign up for a store tour at Shop Rite of Oakland. Learn about all the healthy options that are available to you at Shop Rite! Contact Tara Bonanno, MPH, RD: Dietitian, Shop Rite of Oakland to sign up for a tour at **(201) 337-3900 ext. 275**, tours will be given every hour from 10 until 3 pm.

## Thursdays

[Centering Walk, Yoga and Meditation, 8-9am](#)- Meet **Nancy** from Essence of Self on Thursday mornings in parking lot A at the Skylands Botanical Gardens in Ringwood, 2 Morris Road. For part of the program you will be sitting on the grass; bring a towel or a beach towel with you if you'd like. The program should last about 1 hour to 1 hour and 15 minutes.

**Dates-** June 23, June 30, July 7, July 14, July 21, July 28, August 4, and August 11

[Wawayanda State Park Walk, 6:45-7:45pm](#)- We will meet in the parking lot at Wawayanda Lake near the playground area. Follow Wawayanda Road to the parking area where Wawayanda Lake is; there will be a sign on the right for the lake. We will then walk for about 1 hour at the park. Walks on June 23, July 7, July 14 and Aug 11 will be led by **Marianne**. Walks on June 30, July 21, July 28, and Aug 4 will be led by **Jessica**.

## **Saturdays**

[Ringwood Farmer's Market, 9-1pm](#)- Visit the Ringwood Farmer's Market which is open every Saturday throughout the challenge and is located at the Ringwood Park and Ride (Cannici Drive off of Skyline Drive). The farmer's market is open rain or shine. See a staff member for your points.