

Movement as Medicine

~Fall Edition~

Saturday

Hike

Facilitated by:

Susan Clark

9:00 AM

(1 to 2 hours)

Dates:

September 7th

Cooper Union Trail

September 14th

Puppy Rock Trail

September 21st

Ringwood Library Trail

September 28th

Cooper Union Trail

October 5th

Puppy Rock Trail

October 12th

Ringwood Library Trail

October 19th

Cooper Union Trail

October 26th

Puppy Rock Trail

Thursday PM

Zumba

Facilitated by:

Joanne Dow-Breslin

6:00PM-7:00PM

Ringwood Ambulance

Corps

Dates:

September 12th

September 19th

October 3rd

October 10th

October 17th

October 31st

Thursday AM

Meditation

Facilitated by:

Nancy Smith

8:00-9:00 AM

Ringwood Skatepark

Dates:

September 12th

September 19th

October 3rd

October 10th

October 17th

October 24th

October 31st

Wednesday

Yoga

Facilitated by:

Susan Orkand

6:30PM-7:30PM

Ringwood Community

Center

Dates:

September 11th

September 18th

September 25th

October 9th

October 16th

October 23rd

October 30th

Tuesday

Health Prevention

Ringwood Community Center

National Overdose/Substance
Awareness Presentation

September 17th

6:30PM-7:30PM

8 Dimensions of Health

September 24th

6:30PM-7:30PM

Breast Cancer
Awareness Program

October 1st

6:30PM-7:30PM

Handwriting Analysis

October 8th

6:30PM-8:30PM

Body Image Workshop

October 15th

6:00PM-7:00PM

Fall Food

Demonstrations with
Dietitian Lauren

October 22nd & October 29th

6:30PM-7:30PM

Locations

Ringwood Community Center: 112 Erskine Road, Ringwood

Ringwood Skatepark: 18 Boro Parkway, Ringwood

Ringwood Ambulance Corps: 115 Alta Vista Drive

Cooper Union Yellow Trail: 145 Carletondale Road

Puppy Rock Trail, Ryerson Middle School: 130 Valley Road

Ringwood Library Trail: 30 Cannici Drive

Register online at Communitypass.net under
'Health Department Programming Fall'

Limited spots available for Zumba & Yoga

For any questions please email: jbruno@ringwoodnj.net