

# WELLNESS CHALLENGE ACTIVITIES SCHEDULE 2024



You do not have to attend all activities to join the Wellness Challenge.

Participate in the activity(s) of your choice and earn wellness points! Each activity is 1 point.

Attend the Finale on August 5th and enter for a chance to win raffle prizes with your points!

To register for the challenge or to make an appointment for the health screening(s), contact

(973) 971-7107

**ALL ACTIVITIES ARE FREE!**

## KICK-OFF & FINALE

KICK OFF followed by a walk - Monday, June 17 - 5:30pm - Ringwood Skatepark

FINALE - Monday, August 5 - 5:30pm - Ringwood Community Center

### YOGA

calm the mind

June 19  
July 3  
July 8  
July 15  
July 22  
July 31

6:30 pm to 7:30 pm  
Ringwood Skatepark



### ZUMBA

to get you movin'

June 20  
June 27  
July 11  
July 18  
July 25  
August 1

6:30 pm to 7:30 pm  
Community Center, 1st Floor



### PILATES

let it flow

June 26  
July 17

6:15 pm to 7:15 pm

Community Center  
2nd Floor



### MINDFUL MEDITATION

Led by Nancy Smith

July 11  
July 18  
July 25

8:00 am to 9:00 am  
Ringwood Skatepark



### NUTRITION

fuel your zest for nourishment

June 24 - Healthy BBQ - Walk with a Dietitian - 6:15 pm to 7:15 pm  
July 1 - Breakfast On The Go Presentation - 6:30 pm to 7:30 pm  
July 10 - Nutrition Supplements Presentation - 5:30 pm to 6:30 pm  
July 24 - Summer Desserts Presentation - 5:00 pm to 6:00 pm  
July 29 - Pre/Probiotic Drinks - Walk with a Dietitian - 6:15 pm to 7:15 pm

Walks - Hewitt School Walking Path

Presentations - Community Center, 2nd Floor



### HIKING

soak up some fresh air

Begins at 9:00 am, lasts one to two hours  
June 22 - Cooper Union Yellow Trail  
June 29 - Cooper Union Yellow Trail  
July 6 - Puppy Rock Trail/Ryerson School  
July 13 - Puppy Rock Trail/Ryerson School  
July 20 - Cooper Union Yellow Trail  
July 27 - Puppy Rock Trail/Ryerson School



### HEALTH SCREENINGS

prevention is the best protection

#### VISION SCREENING

June 26 - 9:30 am to 11:30 am  
Community Center

#### ORAL CANCER SCREENING

June 27 - 9:00 am to 11:00 am  
Ringwood Health Department Clinic

#### HEARING SCREENING

July 16 - 10:00 am to 12:00 pm  
Community Center

#### FOOT SCREENING

July 17 - 10:00 am to 12:00 pm  
Ringwood Health Department Clinic

#### SKIN SCREENING

July 25 - 3:00 pm to 6:00 pm  
Community Center

#### APPOINTMENTS REQUIRED

To make an appointment, call  
(973) 971-7107

### WELL-BEING WORKSHOP

stress-free zone

June 18 - Stress Relief with Essential Oils - 6:30 pm to 7:30 pm

June 25 - Let's Play Jeopardy! - 6:30 pm to 7:30 pm

July 2 - Marijuana Awareness Table **POP IN & OUT BETWEEN** - 3:30 pm to 5:30 pm

July 9 - Colors of Empowerment: Paint with Purpose - 6:00 pm to 8:00 pm  
! Registration Required. Call 973-971-7107 !

July 16 - Laughter is the Best Medicine - 6:30 pm to 7:30 pm

June 18, June 25, July 9, and July 16 held at Community Center, 2nd Floor  
July 2 held at Ringwood Public Library



### LOCATIONS

- Cooper Union Yellow Trail, 145 Carletondale Rd., Ringwood, NJ 07456
- Hewitt School Walking Trail, 266 Sloatsburg Rd., Ringwood, NJ 07456
- Puppy Rock Trail, Ryerson Middle School Parking Lot, 130 Valley Rd., Ringwood, NJ 07456
- Ringwood Community Center, 112 Erskine Rd., Ringwood, NJ 07456
- Ringwood Health Dept. Clinic, Suite 203, 55 Skyline Dr., Ringwood 07456
- Ringwood Public Library, 30 Cannici Dr., Ringwood, NJ 07456
- Ringwood Skatepark, 18 Boro Pkwy., Ringwood, NJ 07456



Atlantic Health System



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Essence Of Self Ayurveda Spa

