

**FREE...NO COST**

# Wellness Program for Adults



**You're Invited to Join Us  
On Any One  
of the Dates Listed!**

**WHERE: Old Tappan Senior Ctr.  
247 Old Tappan Road**

**WHEN: 1st Thursday of the  
month**

**TIME: 12:00 - 1:00pm**

## **DATES FOR 2026**

<b>Jan. HOLIDAY</b>	<b>July 2</b>
<b>Feb. 5</b>	<b>Aug. 6</b>
<b>Mar. 5</b>	<b>Sept. 3</b>
<b>Apr. 2</b>	<b>Oct. 1</b>
<b>May 7</b>	<b>Nov. 5</b>
<b>June 4</b>	<b>Dec. 3</b>

For more information call:

**201-664-1849 ext. 10**

## **SERVICES INCLUDE:**

- ◆ **Health History Evaluation**
- ◆ **Blood Pressure Measurement**
- ◆ **Height and Weight**
- ◆ **Individualized Counseling and Education**
- ◆ **Referral and Follow-up**
- ◆ **Confidential Consultation with a Public Health Nurse**

This program is made possible by the contract your local Board of Health holds with the Bergen County Department of Health Services for programs and services like these that are designed to meet the needs of residents.