



Adult Health & Wellness Program

Get your life back on track and learn to live a healthy lifestyle. The program is FREE and led by a registered nurse.

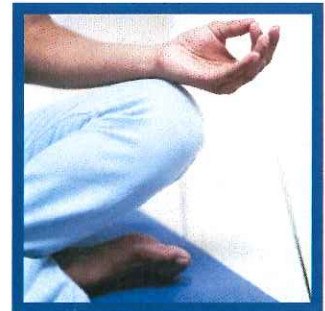
Program includes:



- Blood pressure assessment
- Diabetes risk assessment
- Stress management
- Health education
- Community resource information and referral

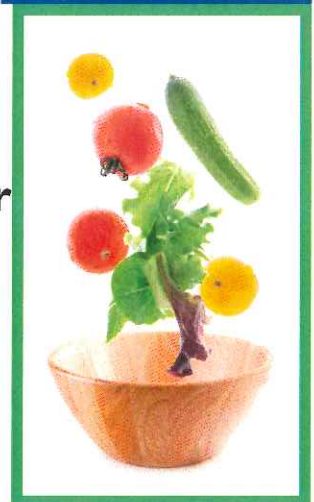
**Date &
Times:
Location:**

**First Tuesday
1:00 p.m. to 3:00 p.m.
Township of Washington
Public Library
144 Woodfield Road**



**Date &
Times:
Location:**

**Second Wednesday
11:00 a.m. to 1:00 p.m.
350 Hudson Avenue
Jack Woods Senior Citizen Center
Lower Level**



Sponsors:

The Township of Washington Health Department
in conjunction with the Health Awareness Regional
Program of HackensackUMC

**More info
call:**

Health Awareness Regional Program of
HackensackUMC 551-996-2038