

TOWNSHIP OF WASHINGTON

Healthy Steps



The Valley Hospital, the Township of Washington, the Township of Washington Public Library and Nicholas Markets Foodtown have created a Healthy Community partnership, based on a joint commitment to the well-being of the entire Township of Washington community. Community wellness initiatives can lead the way to a higher quality of life and long-term productivity for all participants.

KICK-OFF EVENT SATURDAY, JAN. 7, 2017

9–10 a.m. 1-mile Walk with
Mayor Sobkowicz.

9–noon Free Health
Screening conducted by
healthcare professionals.

- Cholesterol testing
- Health risk assessment
- Blood pressure



- Nutritional counseling
- Hip/body fat measurements
- Healthy snacks

To register, please call
201-447-8043.



HEALTHY STEPS WALKING GROUP begins on Saturday, January 14, 2017.

Healthy Steps is an eight-week walking program designed to encourage physical activity among people of all ages in a fun and motivating atmosphere. Walking regularly can help reduce the risk of health conditions, such as heart disease and diabetes.

Weekly walking group every Saturday, through
February 25, meet at the Library at 11 a.m.

Please visit the registration table at the
kick-off event to register.



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