

BERGEN NEW JERSEY *County*



Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders
invite you to participate in



GET FIT *Bergen*

T'AI CHI CHIH

Presented by

Free classes provided by The Valley Hospital



Event sponsored by the
Bergen County Department of Health Services,
Bergen County Parks Department and
Community Health Improvement
Partnership of Bergen County

Questions? Please call Eric Ciavaglia at
201-634-2709

Every Monday from August 29th– October 24th

5:00pm-6:00pm

*No class on September 5th

Saddle River County Park,
Wild Duck Pond Pavilion



Visit www.bergenhealth.org for
weather cancellations as well as the full list of
“Get Fit Bergen” classes



BOARD OF CHOSEN FREEHOLDERS

Steven A. Tanelli, Chairman • Tracy Silna Zur, *Vice Chairwoman* • John A. Felice, *Chair Pro Tempore*
Maura R. DeNicola • David L. Ganz • Thomas J. Sullivan • Dr. Joan M. Voss

BERGEN NEW JERSEY *County*



Bergen County Executive
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and the
Board of Chosen Freeholders
invite you to participate in



GET FIT *Bergen*

STEP AND STRETCH

Presented by

Free classes provided by The Valley Hospital



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Bergen County Department of Health Services,
Bergen County Parks Department and
Community Health Improvement
Partnership of Bergen County

Questions? Please call Eric Ciavaglia at
201-634-2709

**Every Thursday from September 1st– October 20th
11:30am-12:30pm**

Saddle River County Park,
Wild Duck Pond Pavilion



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“Get Fit Bergen” classes



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invite you to participate in



GET FIT Bergen

YOGA

Presented by *Free* classes provided by The Meadowlands Area YMCA



Event sponsored by the
Bergen County Department of Health Services,
Bergen County Parks Department and
Community Health Improvement
Partnership of Bergen County

Questions? Please call Eric Ciavaglia at
201-634-2709

**Every Tuesday from September 6th– October 25th
9:00am-10:00am**

Riverside County Park- Lyndhurst (North Area)
Pavilion C, Joseph A. Carucci Area



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BERGEN NEW JERSEY *County*



Bergen County Executive
James J. Tedesco III
and the
Board of Chosen Freeholders
invite you to participate in



GET FIT *Bergen*

Presented by



YOGA

Free classes provided by The Englewood Hospital
and Medical Center

Event sponsored by the
Bergen County Department of Health Services,
Bergen County Parks Department and
Community Health Improvement
Partnership of Bergen County

Questions? Please call Eric Ciavaglia at
201-634-2709

**Every Tuesday from August 23rd– October 11th
6:00pm-7:00pm**

Overpeck Park-Leonia Pavilion
Henry Hobel Park Area



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