

2017

Edgewater/Cliffside Park Wellness Challenge



What is the Challenge:

An effort to increase overall wellness in our community.

Includes:

6 weeks of Free weekly exercise classes, blood pressure screenings, nutritional information

KICKOFF: Friday, April 21, 2017, 6-7:30pm.

Edgewater Community Center 1167 River Road

Who is invited to participate:

Residents of Edgewater and Cliffside Park

Must be 18 years or older



How to Register:

~Registration will be at **KICKOFF** ~

For more information about the challenge contact:

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GYMGUZZ



#1 in Home Personal Training