

GET FIT Bergen

As part of **Get Fit Bergen**, the Bergen County Community Health Improvement Partnership (CHIP), in cooperation with The Valley Hospital Valley Health System and the Wyckoff Family YMCA, is sponsoring **FREE** exercise programs that support good health for all ages that will be held in two county parks, and a public library during the months of April, May and June.

Attached are flyers promoting these exercise classes/programs available to Bergen County residents:

- **T'ai Chi Chih** —Every Monday from May 1st to June 26th (No class on May 29th), 5:00pm-6:00pm at Saddle River County Park, Wild Duck Pond Pavilion, 1100 E. Ridgewood Avenue, Ridgewood, NJ (presented by The Valley Hospital Valley Health System)
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- **T'ai Chi Chih** Every Tuesday from April 18th to May 23rd, 6:30pm-7:30 pm, Township of Washington Public Library, 144 Woodfield Road, Township of Washington, NJ (presented by The Valley Hospital Valley Health System)
- **Step and Stretch**—Every Thursday from May 4th to June 15th, 10:30am-11:00am, Meet at the Pavilion of the James A. McFaul Environmental Center, 150 Crescent Avenue, Wyckoff, NJ (presented by The Wyckoff Family YMCA.)

Registration is recommended (Space is limited.) For information and/or to register, contact Marla Klein at mklein@co.bergen.nj.us.

Visit www.healthybergen.org for weather cancellations and to find more “Get Fit Bergen” classes around Bergen County.

Promotional flyers are attached to display and network to those who would benefit from these free programs.

Please spread the word to residents of your community regarding the availability of these special programs that focus on the promotion of good health through physical activity. These programs also afford Bergen County residents the opportunity to learn about services of the participating community partners and it affords residents the opportunity to visit these County parks.

Thank you for your cooperation.

Be well.

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