

# 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* 2017

### STEP AND STRETCH

A combination of walking and strength training exercises followed by stretching and balance work.



**Free** event sponsored by the  
Bergen County Department of Health Services,  
Community Health Improvement  
Partnership of Bergen County, and  
The Wyckoff Family YMCA

**Questions?** Please contact Marla Klein at  
[mklein@co.bergen.nj.us](mailto:mklein@co.bergen.nj.us)

**Every Thursday from May 4th-June 15th  
10:00-11:00am**

James A. McFaul Environmental Center (*Meet at the Pavilion*)  
150 Crescent Ave. Wyckoff, N.J. 07481



Visit [www.healthybergen.org](http://www.healthybergen.org)  
for weather cancellations and to find more  
“Get Fit Bergen” classes around Bergen County



#### BOARD OF CHOSEN FREEHOLDERS

Tracy Silna Zur, Chairwoman • Thomas J. Sullivan, *Vice Chairman* • Dr. Joan M. Voss, *Chair Pro Tempore*  
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