

ORADELL'S



*Mayors Wellness
Campaign*

EVERY POUND YOU LOSE HELPS ORADELL REACH ITS OVERALL GOAL

The Mayors Wellness Campaign, The Oradell Board of Health, HNH Fitness and Holy Name Hospital are challenging you to make Oradell healthier with the **First Annual Oradell Weight-Loss Challenge.**

The program is free and open to all Oradell residents and Borough employees.

Registration is required.

To register for the Challenge and the Kickoff event, please call (201) 261-8200 ext. 249



The Challenge includes:

- Weekly private weigh—ins *
- Free health & fitness classes
- Free 1-month membership to HNH Fitness
- Prizes & incentives
- Free cholesterol, blood sugar and blood pressure screenings

* Participants must weigh in at least every other week in order to qualify for prizes

Oradell Weight– Loss Challenge Kick-Off

Wednesday, March 15, 2017

Oradell Borough Hall—2nd Floor

6:00pm—8:00pm

Oradell Weight– Loss Challenge Kick-Off

Tuesday, March 21, 2017

Oradell Senior Center / Veterans Building

12:30 pm (AFTER the Senior Fitness class & Lunch)

Meet the team, Pre-Challenge weigh-ins and learn how to be successful in the challenge.

Set goals, get motivated & get healthy!!



**Community Health
Improvement Partnership
OF BERGEN COUNTY**



Holy Name Medical Center

