

# 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

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