

The Mayor's Wellness Campaign Presents

BOROUGH OF
NORTHVALE



DATE: Saturday
March 18th

(weather permitting)

TIME: 11 AM

PLACE: Hogan Park

Admission: Free

March is National
Nutrition Month

March is also the
time we celebrate
Northvale's 107th
birthday. Help us
celebrate.

This is the
inaugural event of
the Mayor's
Wellness
Campaign with
more to come in
2023.

Come out and join **Northvale's Mayor & Council** for a walk around the park. Bring your questions and ideas as well as an appetite for healthy snacks presented by **ShopRite of Northvale's** dietitian Kristiana Rufo. Get health and fitness tips from **Hackensack Meridian Health** and blood pressure screening from the **Northvale Volunteer Ambulance Corps**. Now is the time to get healthy and stay healthy Northvale!

<https://northvalenj.org>

<https://northvaleambulancecoprs.com>

<https://dietitians.shoprite.com>

