

THIRD ANNUAL

FAIR LAWN & RIDGEWOOD WEIGHT-LOSS Challenge

WORKING ON WELLNESS TOGETHER!

The Mayors Wellness Campaign, Fair Lawn Health Department, Ridgewood Health Department, Ridgewood YMCA, ShopRite of Fair Lawn and The Valley Hospital are at it again! Let's make our community even healthier! We challenge you to make wellness matter in our third annual, town-wide weight-loss challenge! Help us reach our goal of losing 650 pounds in 12 weeks!



Registration is required. To register for the Challenge, the blood screening and the kickoff event please call **1-877-283-2276**.



The Challenge includes:

- Weekly weigh-ins*
- Free health and fitness classes
- Free 1-week pass to the Ridgewood YMCA
- Free pre- and post-cholesterol and blood sugar screenings for the first 75 people who register
- Prize opportunities for those who complete the challenge.

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

Fair Lawn and Ridgewood Weight-Loss Challenge Kickoff Monday, March 14 (snow date March 17)

Fair Lawn Community Center Gym, 10-10 20th Street, Fair Lawn

6 – 7 p.m. Pre-challenge weigh-ins, blood pressure and wellness assessment

7 – 8 p.m. About the Challenge

Meet the team!

Learn about the challenge, talk food and get motivated



Mayors Wellness Campaign
Put your community in motion.



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