



WOMEN'S HEALTH AND FITNESS DAY

Woodbridge Department of Health & Human Services

Is Proud to Sponsor



****NOTE: CHANGE IN DATE****

October 3, 2019

From 11:00am until 2:00pm

At the Woodbridge Public Health Center

2 George Frederick Plaza, Woodbridge

"Our goal is to encourage women to take control of their health."

Light Brunch Will Be Provided

Program Schedule Includes:

- Differences between Alzheimer & Dementia
 - Mind, Body & Wellness
 - Senior Mistreatment

PRE-REGISTRATION REQUIRED

BY SEPTEMBER 20

Call 732-855-0600, Ext. 5024

John E. McCormac
Mayor



Dennis M. Green
Director of Health



Public Health
Prevent. Promote. Protect.