

BERGEN NEW JERSEY *County*

Bergen County Executive

James J. Tedesco III

and the

Board of Chosen Freeholders

Cordially invite you to

GET FIT
Bergen

T'AI CHI CHIH

FREE FITNESS CLASSES

ALL-INCLUSIVE RECREATION PROGRAMS



Free classes sponsored by the Bergen County Departments of Health Services, Human Services and Parks and Recreation

OCTOBER 30 & NOVEMBER 27

TIME: 10:00 AM

Registration is required: <https://rpsctai.eventbrite.com>

Ridgefield Park Senior Center

159 Park St, Ridgefield Park, NJ 07660

Special accommodations:

Contact Marla Klein • 201-634-2693 • mklein@co.bergen.nj.us



James J. Tedesco III

Bergen County Executive

Board of Chosen Freeholders

Germaine M. Ortiz, *Chairwoman* • Mary J. Amoroso, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*
David L. Ganz • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur