

# BERGEN *County* NEW JERSEY

*Bergen County Executive*  
**James J. Tedesco III**  
*and the*  
**Board of Chosen Freeholders**  
*Cordially invite you to*



## Healthy Meals for One

RECREATION FOR INDIVIDUALS WITH/WITHOUT DISABILITIES



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

**Tuesday April 21<sup>st</sup>, 2020**  
**9:30 am-10:30 am**

**Bergenfield Senior Activity Center**  
**293 Murray Hill Terrace, Bergenfield, NJ 07621**

**Registration is required, please call 201-387-7212.**



**James J. Tedesco III**  
*Bergen County Executive*

**Board of Chosen Freeholders**

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

