

# BERGEN NEW JERSEY *County*

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

**Monday April 6th, 2020**

**11:00 am-12:00 pm**

Registration is required (*Space is Limited*).

**Ridgefield Park Senior Activity Center**  
**159 Park St, Ridgefield Park, NJ 07660**  
**Registration is required, please call 201-641-1220.**



**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

