

# 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

**EVERY TUESDAY**

**MARCH 3<sup>RD</sup> – 31<sup>ST</sup>, 2020**

**(3/3, 3/10, 3/17, 3/24, 3/31)**

**TIME: 12:00 PM**

**Registration is required: [taichiRP.eventbrite.com](https://www.taichiRP.eventbrite.com)**

**Ridgefield Park Senior Activity Center**

**159 Park St, Ridgefield Park, NJ 07660**

**Special accommodations:**

**Contact Marla Klein • 201-634-2693 • [mklein@co.bergen.nj.us](mailto:mklein@co.bergen.nj.us)**

**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

