

Hunterdon Health Presents:
MOVE MORE

Mental Wellness Community Day and Fundraiser

Join us on

May 4, 2024 • 9:00 a.m. - 1:00 p.m

**Hunterdon Health & Wellness Center
1738 Route 31 North, Clinton, NJ 08809**

**Free Community Day
Hosted by the Partnership for Health**

Free and Open to the Community:

Scheduled Sessions:

- 10:00 a.m. – 11:00 a.m. Walk with a Doc
- 11:00 a.m. – 12:00 p.m. Raising Resilient Kids
- 11:00 a.m. – 11:45 a.m. Taste and Learn
- 11:00 a.m. – 12:30 p.m. Song Collage (ages 13 -18)

Additional Offerings:

- Food and refreshments
- Blood pressure checks
- Kids obstacle course
- Pet therapy station
- WALK / FUN RUN (family, stigma free)
- ZenDen (hourly sessions)

**Move More Fundraiser
Hosted by the Hunterdon Health and
Wellness Centers**

**Sign Up and Participate in the Following
Fundraising Activities**

- Mat Pilates
- Mindfulness Meditation: Reset, Reflect, and Refresh
- Power Cycle
- Chair Yoga
- Zumba
- Water Volleyball
- Aqua Fit
- Yoga



**See Program Schedule
and Register Here.**

*Proceeds Benefit Hunterdon Health's
Mental Wellness Participation Program*

Come Learn About:

- Hunterdon Behavioral Health
- Hunterdon Health and Wellness Centers
- Cancer Prevention
- Emergency Preparedness
- Hunterdon County Parks Department
- Suicide Prevention
- SAFE in Hunterdon
- And more!



HUNTERDON
COUNTY'S
HEALTHY
COMMUNITIES
INITIATIVE



Hunterdon Health