

Hunterdon Health Presents:

MINDS IN MOTION

COMMUNITY DAY & FUNDRAISER FOR MENTAL WELLNESS

September 20, 2025 • 9:00 a.m. - 1:00 p.m

HUNTERDON HEALTH & WELLNESS CENTER IN CLINTON - COMMUNITY DAY & FUNDRAISING ACTIVITIES

Enjoy games, giveaways, food, and conversations focused on wellness and resilience—all while supporting our fundraising efforts.

HUNTERDON HEALTH & WELLNESS CENTER IN WHITEHOUSE STATION – CELEBRATION SITE & FUNDRAISING ACTIVITIES

Contribute to mental wellness through fundraising activities. Meet therapy dogs, enjoy chair massages, refreshments, and prizes.

Visit either location to take part in our Tricky Tray and 50/50 Raffles, available before and during the event.

FREE COMMUNITY DAY

ACTIVITIES - Clinton

- Food, Refreshments & Prizes
- Rock Painting & Bounce House
- Chair, Hand Massages & Sound Bath Experience
- Blood Pressure Screenings
- Pet Therapy Meet & Greet
- Mock Traffic Stops Provided by The Hunterdon County Chiefs Association
- Interactive experiences and vital resources provided by local mental health & wellness organizations
- Ping Pong Tournament and more

SCHEDULED SESSIONS - Clinton

- 10:00 a.m. - 11:00 a.m.
Walk with a Doc and Fitness Trainer lead by Joshua R. Ackerman, MD & Sharon McGeehan
- 11:00 a.m. - 11:30 a.m.
Good Food, Good Mood Nutrition Workshop Presented by ShopRite of Hunterdon
- 11:00 a.m. - 1:00 p.m.
Instructional Pickleball hosted by Courtside Racquet Club
- 11:45 a.m. - 12:15 p.m.
Natural Approaches to Anxiety Lead by Your Whole Health

FUNDRAISING ACTIVITIES - Clinton & Whitehouse Station

Move for a Cause!

Reserve your spot — scan the QR code below to register and view class locations & times.

Fitness Sessions Include:

- Zumba
- Yoga (All Levels)
- Les Mills Classes (BodyBalance, Core, BodyStep and BodyPump)
- Circuit Challenge
- Power Cycle (All Levels)
- Water Volleyball
- Mindfulness-A-Thon (Guided Mindfulness Meditation)



See Fundraising Class Schedule and [Register Here](#).

Proceeds benefit the Mental Wellness Partnership Program and its newest initiative — a Community Wellness Garden.



Hunterdon Health

Hunterdon Health & Wellness Center in Clinton

1738 Route 31 North
Clinton, NJ 08809

Hunterdon Health & Wellness Center in Whitehouse Station

537 Route 22 East
Whitehouse Station, NJ 08889