



**MAY is for MOMENTUM – Find Yours With Us
COMMUNITY DAY OPEN HOUSE**

at the Hunterdon Health & Wellness Centers

Tuesday, May 12 | All-Day Access & Special Sessions

Food & Refreshments ✨ Raffle Prizes ✨ Health Screenings ✨ Center Tours

Free Guest Workouts (\$15 Value)

Special Joining Incentives – No Enrollment Fee & May is Free (\$129 value)

Clinton Sessions		Whitehouse Station Sessions	
11 am–2 pm	Flavors of Summer Tasting Station Shoprite of Clinton	12 pm–6 pm	Healthy Snack Tasting Station Wellness Center Staff Favorites
11 am–12 pm	AquaFit with Eileen	1:30 pm–2:30 pm	Circuit 101 with Cheryl
12 pm–1 pm	Mindfulness Meditation with Kathy	1 pm–2 pm	Garden Injury Prevention Brian Patullo DPT; George Schlitzer DPT
12 pm–1 pm	Circuit 101 with Sharon	6 pm–7 pm	AquaFit with Kathleen
6 pm–7 pm	Walk with a Health Coach	6 pm–7 pm	Outdoor Intro to Yoga with Kate (Yoga Basics) Weather Permitting

BRING FRIENDS & FAMILY



Hunterdon Health

Hunterdon Health and Wellness Centers

Clinton
1738 Route 31 North
908-735-6884

Whitehouse Station
537 Route 22 East
908-534-7600

**Scan to view the
Hunterdon Health
and Wellness
Center Website:**

