

# Healthy Living...

These are a few of our favorite things...

Live.Life.Healthy

Join us for lunch to celebrate The Valley Hospital's first Community Health Event at the Mahwah Senior Center and learn about the following:

- Effective exercises for older adults
- Healthy nutrition and easy recipes
- Mindfulness Based Stress Management
- Drumming Circles and Guided Imagery
- The Valley Center for Health and Wellness located in Mahwah



Thursday, August 24

11a.m.—1:00 p.m.

Mahwah Senior Activity Center

475 Coporate Drive

Mahwah, NJ

To register, please call The Mahwah Senior Center  
at 201-529-5757.