

# Healthy Strides ~ a 60 Day Challenge



WALK YOUR WAY TO A  
HEALTHIER BODY!

APRIL 21  
THRU  
JUNE 15

FREE PEDOMETER TO ALL  
PARTICIPANTS

SIGN UP APRIL 21 4:30-7:30 AT  
BOROUGH HALL  
OR CONTACT  
SANDY AT HEALTH DEPT.  
973.838.0778 EXT 237

[www.bloomingdalenj.org](http://www.bloomingdalenj.org) ~ visit us on facebook



Prizes go to the top 2 Bloomingdale participants that walk the most steps!!!