



Adult Health & Wellness Program

Get your life back on track and learn to live a healthy lifestyle. The program is FREE and led by a registered nurse.

Program includes:



- Blood pressure assessment
- Body mass index measurement
- Diabetes risk assessment
- Stress management
- Health Education
- Community resources

Date:
Time:
Location:

First Friday of the month
10:00 a.m. to 12:00 p.m.
Tenafly Public Library
100 Riveredge Road

Date:
Time:
Location:

First Monday of the month and
Third Friday of the month
10:00 a.m. to 12:00 p.m.
Tenafly Senior Center
20 South Summit Street

Home Visit

If you are not able to visit our centers, please call the public health nurse to schedule a visit.

Sponsors:
More info
call:

The Tenafly Health Department in conjunction with the Health Awareness Regional Program of HackensackUMC
Health Awareness Regional Program of HackensackUMC 551-996-2038

