



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

Date: First Monday of the month and
 Third Monday of the month
Time: 10:00 a.m. to 12:00 p.m.
Location: 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.

