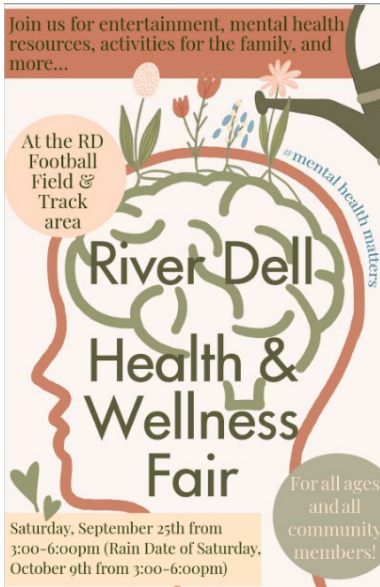




River Dell Health & Wellness Fair

Saturday, September 25th 3:00 – 6:00 PM

Dear River Dell Community,



Come and join us for River Dell's first Health and Wellness Fair at the River Dell High School Track and Football field. All attendees will receive an event passport to be filled out as they take a mindful walk around the high school track and visit booths focused on bringing awareness to mental health and strategies to improve overall health and well-being. Community members are invited to participate in wellness activities ranging from our PTO-sponsored run/walk *3K Strides to De-Stress*, 1-mile run/walk kids *Don't Let Stress Weigh You Down* (Click here to register for Runs/Walks), yoga, Lawn Games tournament, story time reading circles, arts & crafts station, and so much more!



After learning and participating in our many activities suitable for all ages, enjoy the food trucks and live performances, and enter your completed passports for chances to win tons of great prizes from our sponsors and local businesses.

We are looking forward to a worthwhile community event and a positive start to the new school year!

This event is sponsored by the following:

- River Dell Regional School District
- Don Chicken
- Legacy Barbershop
- Shear Perfection
- River Dell PTO
- Family Nails
- Nail Pizazz & Hair
- Soprano's Pizza
- Alumni in Recovery
- Fred Astaire
- New Pathways Counseling
- Todd Ouida Children's Foundation
- Calabria Pizzeria
- HNH Fitness
- Oradell-Emerson Rotary
- Varsity House Gym
- CBH Care
- Jersey Mikes
- YWCA
- Kinderkamack Hot Bagels