

BERGEN NEW JERSEY *County*



Bergen County Executive
James J. Tedesco III
and the

Board of County Commissioners
Cordially invite you to



TAI CHI in the park!

Free Tai Chi classes by Gym Guys for Bergen County residents ages 18 and up
sponsored by the Bergen County Department of Health Services, Department of Parks, Community Health Improvement
Partnership of Bergen County, and the Valley Health System



THURSDAYS FROM MAY 11 - JUNE 15, 2023

(May 11, 18, 25, June 1, 8, 15)

Classes Start at 5:30pm to 6:30pm

Van Saun County Park

216 Forest Ave, Paramus, NJ 07652

Bergen County residents register: www.healthybergen.org



Visit www.healthybergen.org for weather cancellations
and to find more "Get Fit Bergen" classes around Bergen County
Questions? Email Marla Klein at mklein@co.bergen.nj.us or call 201-634-2693



Board of County Commissioners

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