



The CHIP Nutrition and Physical Activity
Task Force
is pleased to invite all members to our:
2nd Annual
**After-School Boot Camp Workout
and
Spa Cooking Demonstration**

When: Monday, January 25th 2010 (Snow date,
Feb 1st)
Where: Ridgewood YMCA
112 Oak Street, Ridgewood
Time: 4 to 5:30

*Dress comfortably; wear sneakers and bring your
enthusiasm. Fitness and food experts will help you
improve your health. Return as role models to your
home, work and school to spread healthy lifestyle skills!*

Stick to Your New Year's Resolution and Join Us!
**Professional Development Hours to be offered to School
Nurses and Teachers**

**Chair Massage and Free Reiki Circle will be available after the
program**

**R.S.V.P Judy Migliaccio 201-265-2100/x 633 or
jmigliaccio@paramusborough.org
Space is limited**