

# BERGEN NEW JERSEY *County*

*Bergen County Executive*  
**James J. Tedesco III**  
*and the*

**Board of Chosen Freeholders**

*Cordially invite you to*

**GET FIT**  
*Bergen*

## T'AI CHI CHIH AT THE PARK

**FREE FITNESS CLASSES**

ALL-INCLUSIVE RECREATION PROGRAMS



*Free* classes sponsored by the Bergen County Departments of Health Services, Human Services and Parks and Recreation

**TUESDAYS, OCTOBER 1 – OCTOBER 29, 2019**  
**(NO CLASS OCTOBER 8)**

**TIME: 5:15- 6:15 PM**

**Duck Pond- Saddle River County Park**  
**1133 E Ridgewood Ave, Ridgewood, NJ 07450**

Registration Required: <https://getfittuesdays.eventbrite.com>

For special accommodations, weather cancellations or to register by phone  
contact Marla Klein • 201-634-2693 • [mklein@co.bergen.nj.us](mailto:mklein@co.bergen.nj.us)



**James J. Tedesco III**  
*Bergen County Executive*

**Board of Chosen Freeholders**

Germaine M. Ortiz, *Chairwoman* • Mary J. Amoroso, *Vice Chairwoman* • Dr. Joan M. Voss, *Chair Pro Tempore*  
David L. Ganz • Thomas J. Sullivan • Steven A. Tanelli • Tracy Silna Zur