

WINTER/SPRING WELLNESS 2024

Schedule of Events



Thursday, January 18, 2024

7pm to 8pm at the Train Station

EAT WELL, GET WELL - Nutrition Tips for All Ages

Join guest speaker Claire Rudden, RDN, Manager of Nutrition and Wellness Initiatives at Zallie Family Markets ShopRites, to learn Nutrition 101. This will be an open discussion around building a healthy diet, tips for adding balance to your life, and a spotlight on nutritious foods.

Don't miss the Recipe Swap! Bring a healthy family-friendly recipe to trade with someone at this event.

Saturday, March 30, 2024

11:30am - 12:30pm in Wenonah Park

SHARE THE ROAD! Bike, Scooter, and Pedestrian Safety for All Ages

Hosted by the Mayor in collaboration with Mantua Police Department and the South Jersey Bicycle Coalition, residents are welcome to gather in Wenonah Park for an opportunity to learn about the rules of the road and ways we can work together to keep everyone safe. **Participants will receive cool gear giveaways and take part in a community ride around town!**

Thursday, April 18, 2024

7pm to 8pm at the Train Station

IT'S EASY BEING GREEN - The Basics of Backyard Composting

Have you ever wanted to try composting but weren't sure where to start? Come learn the basics of going greener in your own back yard.

AND MORE TO COME....

Keep your eyes out for more wellness opportunities coming soon!

All Mayors Wellness Campaign Events
are FREE and OPEN to the Public.

