



Join HNH FITNESS Today

Enjoy a complimentary month of access

HNH Fitness is proud to support the town of River Edge and the Kinderkamack Challenge. We are offering all participants a complimentary month of access to our comprehensive medically-based fitness center, all of our virtual classes and our Information Health Series.

Virtual Information Health Series Schedule & Topics:

- **May 5 at 7 PM:** Mindfulness: The Foundation for Wellness (Part 1)
- **May 12 at 7 PM:** Nutrition
- **May 19 at 7 PM:** Fitness
- **May 26 at 7 PM:** Sports Medicine
- **June 2 at 7 PM:** Mindfulness: The Foundation for Wellness (Part 2)
- **June 9 at 7 PM:** Sleep
- **June 16 at 7 PM:** Rehab

COMPLIMENTARY MEMBERSHIP ENROLLMENT:

Call Norelis Duran at **201-262-4626**

REGISTER FOR VIRTUAL INFORMATION HEALTH SERIES:

HNHFitness.com/InfoSeries

