



Saddle Brook Public Schools is proud to share that we are hosting our first

Community Wellness Event!

Date: Tuesday, February 25, 2020

Location: Saddle Brook High School

You do not want to miss this event! It is open to our entire community!

6:00-7:00pm Keynote Speaker: Alisha DeLorenzo
High School Auditorium

Alisha has been working with our staff and high school students on Social Emotional Learning throughout the year. Please click here to find out more about her work:

<https://www.alishadelorenzo.com/>

7:00-9:00pm Community Wellness Fair
High School Gymnasiums

There will be raffles and door prizes. Thank you to Dairy Queen, Midland Brew House, Shoprite, and Acme for their donations. Thank you to the NY Giants and the NY Jets for donating autographed posters of Eli Manning and Sam Darnold! Thank you to those who donated wellness baskets! It's a night you don't want to miss!

Register now for your eye exam! Click on the link to access flyer.

Optical Academy will be conducting vision screenings, however, you must pre-register.

Please use this link to see how to register: [Optical Academy Registration](#)

The next page lists our confirmed participants - many are located right in Saddle Brook! There will be demonstrations/activities and plenty of information provided on health and wellness! The number to the left of the organization/company corresponds to the maps.

1	4ever Young Fitness
2	Above & Beyond Holistic Wellness Center
3	American Heart Association
4	ASun Star
5	Balance and Thrive
6	Bergen County CAPE Resource Center
7	Bergen County Center for Snoring, Sleep Apnea, and CPAP Intolerance
8	Bergen County Department of Health Services
9	Bergen County Division of Mental Health
10	Bergen County Sheriff's Department
11	Bergen's Promise
12	Best Care Wellness Center
13	Body & Brain Yoga Tai Chi - Aura Readings
14	Center for Healthy Living @ Holy Name Medical Center
15	Children's Aid and Family Services
16	Comfort Zone Camp
17	Dance Evolution
18	Family Support Organization of Bergen County
19	Fast Twitch
20	FDU Nursing Program: Blood Pressure Screenings
21	Ferraro Spine & Rehabilitation
22	Hackensack Meridian Health
23	Healing 4 The Soul
24	Health Barn USA
25	Inner Truth Arts
26	Jain Orthodontics
27	Natural Allergy Solutions

28	Natural Drops of Wellness
29	New Bridge Medical Center
30	New Jersey Pediatric Neuroscience Institute
31	Optical Academy
32	RWJ Barnabas Wellness on Wheels
33	Saddle Brook Fire Department
34	Saddle Brook Volunteer Ambulance Corp
35	Salt Breeze Therapy Wellness Spa
36	Seimei Healing
37	Select Wellness
38	The Edge: Ultimate Martial Arts
39	Well Beings of NJ
40	Women's Rights Organization