



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!

Register now for your eye exam! Click on the link to access the 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! Please **click** on the link to find out more information on the organization/company.

[4ever Young Fitness](#)

[Above & Beyond Holistic Wellness Center](#)

[American Heart Association](#)

[American Red Cross](#)

[ASun Star](#)

[Balance and Thrive](#)

[Bergen County CAPE Resource Center](#)

[Bergen County Center for Snoring, Sleep Apnea, and CPAP Intolerance](#)

[Bergen County Department of Health Services](#)

[Bergen County Division of Mental Health](#)

[Bergen County Sheriff's Department](#)

[Bergen's Promise](#)

[Best Care Wellness Center](#)

[Body & Brain Yoga Tai Chi - Aura Readings](#)

[Center for Healthy Living @ Holy Name Medical Center](#)

[Children's Aid and Family Services](#)

[Comfort Zone Camp](#)

[Dance Evolution](#)

[Family Support Organization of Bergen County](#)

[Fast Twitch](#)

[FDU Nursing Program: Blood Pressure Screenings](#)

[Ferraro Spine & Rehabilitation](#)

[Hackensack Meridian Health](#)

[Healing 4 The Soul](#)

[Health Barn USA](#)

[Inner Truth Arts](#)

[Jain Orthodontics](#)

[Natural Allergy Solutions](#)

[Natural Drops of Wellness](#)

[New Bridge Medical Center](#)

[New Jersey Pediatric Neuroscience Institute](#)

[Optical Academy:](#) Must pre-register for eye exam

[RWJ Barnabas Wellness on Wheels](#)

[Saddle Brook Fire Department](#)

[Saddle Brook Volunteer Ambulance Corp](#)

[Salt Breeze Therapy Wellness Spa](#)

[Seimei Healing](#)

[Select Wellness:](#) Massages in Classroom 123

[The Edge: Ultimate Martial Arts](#)

[Well Beings of NJ:](#) "Just Breathe" sessions at 7:30 and 8:00pm in Cafeteria B

Women's Rights Organization