

Thursday, August 27th
6:30-8:00 PM

Location

3 N Maple Ave, New
Gretna, NJ 08087
Bass River Township
Municipal Building



To RSVP, scan the
QR code to
complete the form,
or text your name,
email, and any
guest names to
(609) 276-3203

BR MAYOR ADAMS SENIOR
WELLNESS CAMPAIGN 2026

Environmental Wellness



Facilitator: Josh Matz
Co-Facilitator: Lis Jacoby



Join us for our next Senior Wellness session as we explore Environmental Wellness! Discover how your surroundings can influence your mood, habits, and overall well-being. We'll share practical tips for creating spaces that support a healthier, happier life and enjoy fun, hands-on activities to help you bring positive changes into your everyday environment.