

BR Mayor Adams Senior Wellness Campaign 2026

Facilitator: Josh Matz
Co-Facilitator: BJ Adams



Join us to explore the 8 dimensions of wellness through engaging, interactive sessions designed for mature adults. Learn to set realistic goals, build healthy habits, and connect with peers through discussion, activities, and meaningful education.

FIRST MEETING: THURSDAY, APRIL 30TH, 6:30-7:30 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