

THURSDAY, MAY 28TH
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

PHYSICAL WELLNESS

FACILITATOR: JOSH MATZ
CO-FACILITATOR: BJ ADAMS



Join us for our second session as we explore physical wellness, one of the eight dimensions. Discover how movement, nutrition, and sleep support overall well-being through engaging discussions, fun activities, and meaningful goal-setting.