



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WORKSITE WELLNESS NETWORK

Thursday, October 16

Registration: 8:00 a.m.

Program: 8:30 - 10:30 a.m.

Hamilton Area YMCA

JKR Branch

1315 Whitehorse-Mercerville Road



YOU'RE INVITED!

Join us for an informational program about creating a healthy workplace. Experts from the Hamilton Area YMCA and Princeton HealthCare Systems will present on topics including healthy eating, exercise, and worksite wellness.

A light breakfast will be available for all attendees.

Register online at midjerseychamber.org.

Cost: \$10 per person.

Hamilton Area YMCA - JKR Branch

1315 Whitehorse-Mercerville Road

Hamilton, NJ 08619

hamiltonymca.org 609.581.9622



This event is sponsored by:



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