



# Lincoln Park Health Department Presents: Summer Wellness Series 2021

**JOIN US IN FAMILY-FRIENDLY ACTIVITIES TO HELP BUILD HEALTHY HABITS INTO YOUR DAILY ROUTINE!**

## Sunset Chair Yoga

July 22nd & August 3rd  
7pm-8pm  
LPCL Pavilion  
No registration needed



## Labyrinth

August 19th  
5pm-7pm @ PAL GYM  
No shoes needed  
No registration needed

## Meditation

July 29th & August 12th  
7pm-7:45 pm  
Council Chambers  
Health Department  
No registration needed

## Dine & Floral Design

July 27th from 6pm-7pm  
LPCL Pavilion  
Registration needed  
Limited Capacity  
RSVP by 7/20 to Jenna Bruno  
@ 973-270-2037

## Health Walks

Canal Society of NJ- July 7th  
5pm-6pm  
@ Morris Canal Windsor Drive

Walk with a Dietitian-July 15th  
5pm-6pm @ Lanes Field

Walk with a Botanist- August  
4th  
5pm-6pm @ Morris Canal

Walk with a Nurse- August 11th  
10 am-11am @Lynn Park