

JOIN THE

Paramus Health & Wellness Challenge 2026



As part of the Mayor's Wellness Campaign, this free community-wide initiative promotes active living and overall wellness. Led by TNT Training, The Valley Hospital, Mayor Chris DiPiazza, the Paramus Health Department, and Bakers Health, this six-week challenge aims to motivate residents to adopt healthier lifestyle. **Must be a Paramus resident. Registration is required.**

This challenge includes:

- Weekly in-person exercise activities
- Free health education programs
- Weekly wellness emails
- Exciting gift cards, prizes, and giveaways for the top weight loss achiever of each age group
 - Age groups include: 21–34, 35–49, 50 Plus
- A fasting glucose test offered to the first 50 registrants at Baker Health. To schedule an appointment, please call 973-861-2597.

KICK OFF EVENT

Monday, February 9 at 5 – 7 p.m.

Paramus Senior Center
93 North Farview Ave.
Paramus, NJ 07652

Join us at the kickoff event for challenge details and to connect with Valley providers and other local vendors.

To register for the challenge, please visit [ValleyHealth.com/Events](https://www.valleyhealth.com/events) or scan the QR code.

