



**FOR IMMEDIATE RELEASE**

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***Maplewood Loves Wellness Celebrates with Open Houses and Fair***

**Activities and classes for all ages in special programs  
presented by the Township in partnership with  
Barnabas Health-Saint Barnabas Medical Center**

**Maplewood, NJ, Sept. 26, 2012** – Maplewood Loves Wellness, an ongoing community awareness program for all ages initiated by the Township, will host [Wellness Week](#). Open houses, free classes and demonstrations will be held at various Maplewood locations Oct. 8 through Oct. 13. The week's activities will culminate with the Wellness Fair in Memorial Park on Sat. Oct. 13, from 12-3 pm, and a 5-K run in support of the Maplewood Volunteer First Aid Squad.

“Our goal is to help Maplewood residents explore the many options available locally to enhance all aspects of their health and well being,” said Deputy Mayor Kathleen M. Leventhal. “During Wellness Week, we are offering residents the opportunity to learn about programs such as exercise, health and finance – right in their hometown -- that will help people make smart choices. Maplewood’s proud partnership with [Barnabas Health-Saint Barnabas Medical Center](#) and the New Jersey [Mayors’ Wellness Campaign](#) makes our initiative possible.”

More than 30 different Wellness Week events will be led by experts who live or work in Maplewood. Among the events will be a healthy eating demonstration presented by [Barnabas Health-Saint Barnabas Medical Center](#) on Wed. Oct. 10 from 7-9 pm at DeHart Community Center. The Project Adventure ropes course at Columbia High School, usually

available for students only, will be open to the public during Wellness Week, from 3-4 pm on both Tues. Oct. 10 and Thurs. Oct. 11. In addition, [flu shots](#) will be offered at Maplewood Town Hall on Thurs. Oct. 11, from 10 am-12 pm.

On Sat. Oct. 13, the close of Wellness Week will be celebrated with two major events:

The [Maplewood Volunteer First Aid Squad](#) will hold a 5-K walk for all ages starting at 10 am at its headquarters at 129 Boyden Ave. Registration will begin at 9 am. Residents are asked to show support for this important local organization by participating in the walk, by volunteering and by contributing to ensure the Squad's future during challenging economic times.

The Wellness Fair will be held on Oakview Road in Memorial Park from 12-3 pm, with special activities for all ages. Demonstrations will include zumba, yoga and kickboxing, with special activities for children, including a ball challenge and a bike rodeo.

Maplewood Loves Wellness is a consortium of Township officials, not-for-profit organizations, and Maplewood business, education and spiritual leaders.

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