Maplewood Loves Wellness

All Activities are FREE and take place in Maplewood, N.J. 07040

Tue, Oct 9	9-10 am	*Moving Toward Financial & Physical Wellness for Women* GenWealth, 6 Inwood Pl.
Tue, Oct 9 Thu, Oct 11	9-5 pm 9-5 pm	*Are You Adequately Protected? P & C and Life Review* State Farm Insurance, 499 Valley St.
Tue, Oct 9 Thu, Oct 11	10-7 pm 10-7 pm	*Free Sampling & Raffle for Gift Certificate* Pro Elite Nutrition, 1912 Springfield Ave.
Tue, Oct 9	12-2 pm	*Free Chair Massage & The Benefits of Chiropractic Care* Bass Family Chiropractic, 491B Valley St.
Tue, Oct 9	12:30-1 pm	*Chair Yoga Class* Radiant Health-Easy Yoga, Ethical Culture Society, 516 Prospect St.
Tue, Oct 9	3-4 pm	*Project Adventure* Columbia High School - off Valley Street, behind Ritzer Field
Tue, Oct 9	4:30-5:15 pm	*Martial Arts Enrichment Class for Boys and Girls - ages 4-6* Blue Life Karate & Fitness Center, 1809 Springfield Ave.
Tue, Oct 9	7-8 pm	*Manage Stress with Feldenkrais & Meditation* Wellspring Health Collective, 697 Valley St.
Tue, Oct 9	6-9 pm	*Open House-Meditation* St. George's Church, 550 Ridgewood Rd.
		Wellness Options @ The South Orange/Maplewood Adult School, Columbia High School, room A113
Tue, Oct 9	7:15-7:30 pm	*Pilates*
Tue, Oct 9	7:30-7:45 pm	*Belly Dancing*
Tue, Oct 9	8:10-8:25 pm	*Tai Chi*
Tue, Oct 9	8:25-8:45 pm	*Meditation*
Wed, Oct 10	2-3 pm	*Metabolic Syndrome and Diabetes* Pamela Grover, M.D., DeHart Community Center, 120 Burnett Ave.
		Wellness Options @ DeHart Community Center, 120 Burnett Ave.
Wed, Oct 10	7-9 pm	*Healthy Eating, Healthy Cooking and Gardening for Children and Adults* Barnabas Health -- Saint Barnabas Medical Center, and Maplewood Garden Club -- Youth Gardeners, and Maplewood Community Garden
Thu, Oct 11	10-12 pm	*Flu Clinic* Maplewood Town Hall, 574 Valley St.
		Wellness Options @ Memorial Library, 51 Baker St.
Thu, Oct 11	10:30-11:00 pm	*When & Why to Visit a Physical Therapist* Andrew Quirk, Physical Therapist
Thu, Oct 11	11:00-11:45 am	*Women in Transition: Emotional Aspects of Women Separating/Divorcing* Susan Siegeltuch, Clinical Social Worker
Thu, Oct 11	11:45-12:30 pm	*What to Expect from Social Security, Medicare and Long Term Care*

		Veronica Peralta, AXA Advisors
Thu, Oct 11	1-1:45 pm	*Delicious for Life: Five Simple Steps to Quick , Healthy Meals*
		Randy Rabney, The Conscious Plate
Thu, Oct 11	11-11:45 am	*The Feldenkrais Method of Somatic Education*
		Lisa Novemsky, Ethical Culture Society, 516 Prospect St.
Thu, Oct 11	4:30-5:30 pm	*Stress, Food and You*
Thu, Oct 11	6-7 pm	*Stress, Food and You*
		Risa Olinsky, Wellness Coach, 108 Baker St.
Thu, Oct 11	6:30-7:30 pm	*Kickboxing Class*
		Maplewood Karate, 97 Baker St.
Tue, Oct 9	3-4 pm	*Project Adventure*
		Columbia High School - off Valley St., behind Ritzer Field
		Martial Arts Enrichment Classes @ Blue Life Karate & Fitness, 1809 Springfield Ave.
Thu, Oct 11	4:30-5:15 pm	*Boys and Girls - ages 4-6*
Thu, Oct 11	6:00-6:45 pm	*Boys and Girls - ages 7-17*
		Wellness Options @ The South Mountain YMCA, 13 Jefferson Ave.
Thu, Oct 11	5:30-6:30 pm	*School Age Child Care -- CATCH Physical Activity Demonstration*
Thu, Oct 11	6:30-7:30 pm	*Early Childhood Learning Center Tour*
Thu, Oct 11	7:30-8:30 pm	*Zumba*
Thu, Oct 11	7-8 pm	*Somatics: Movement without Pain*
		Wellspring Health Collective, 697 Valley St.
		Wellness Options @ The South Orange/Maplewood Adult School, Columbia High School, room A113
Thu, Oct 11	7:30-7:45 pm	*Yoga*
Thu, Oct 11	8-8:15 pm	*Weight Management*
Thu, Oct 11	8:30-9 pm	*Tap*
Thu, Oct 11	8-9 pm	*Learn About Maplewood Fit Club*
		Fit Club Aerobic Workout, DeHart Community Center, 120 Burnett Ave.
Fri, Oct 12	11-12 pm	*Chair Yoga*
		Radiant Health/Easy Yoga, Memorial Library, 51 Baker St.
Fri, Oct 12	2-3:30 pm	*Recognizing Addictive Behaviors & How to Treat Them*
		Michelle Shubin, Clinical Social Worker, Memorial Library, 51 Baker St.
Sat. Oct 13	12-3 pm	*Wellness Fair*
		Maplewood Loves Wellness, Memorial Park on Oakview Ave.
Sat, Oct 13	10:00 AM	*Third Annual 5K Walk/Run*
		Maplewood First Aid Squad, 129 Boyden Ave.
Sat, Oct 13	10-1 pm	*Open House-Wellness*
		First Maplewood Baptist Church, 106 Burnet Ave.

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