

*Haddon Heights*  
**HEALTH &  
WELLNESS**  
Free Workshops



## Controlling Weight Gain Through A Healthier You!

- Are you feeling unhealthy?
- Do you struggle with your weight?
- Are you unsure of how to make healthy decisions?

Maintaining a healthy weight is important at every age. This presentation reviews the “secrets” on how to take control of your weight and health, the importance of having and keeping a healthy lifestyle, and how you can take the steps to make the necessary changes. Join us for this FREE workshop.

**Instructors:** Dr. Michael Edenzon of South Jersey Health & Wellness

**Location:** Haddon Heights Cabin, 600 Lippincott Lane

**FREE WORKSHOP, NO FEE**

Sign up and bring a friend!

Please RSVP with this form at the Borough Hall

625 Station Avenue, Haddon Heights, NJ 08035 ATTN: Programs

Email: [programcoordinator@haddonhts.com](mailto:programcoordinator@haddonhts.com) or Call: 856-546-2585.

Name: \_\_\_\_\_

*Contact Information is used in case of the change or cancellation of the program.*

Email Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_

SPRING 2017 - Health & Wellness Workshop