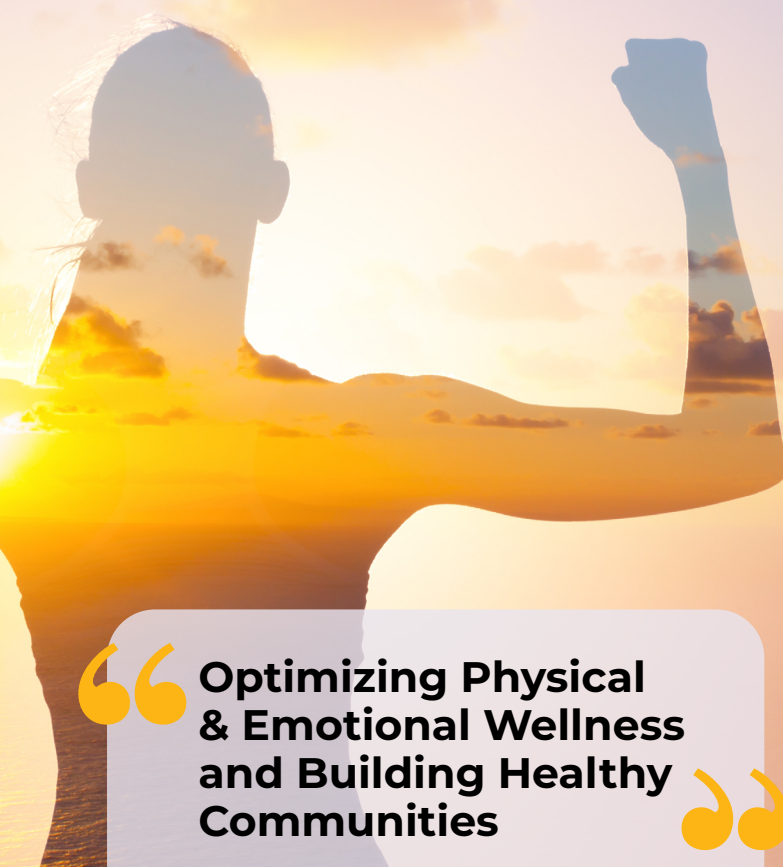


A LIFETIME COMMITMENT TO ACTIVE LIVING



“Optimizing Physical & Emotional Wellness and Building Healthy Communities”

- Make healthy lifestyle choices for disease prevention & early detection
- 42% of all cancers are attributable to potentially modifiable risk factors

Visit Our Website

To access the full range of free educational programs, visit <https://www.hunterdonhealth.org/services/hunterdon-mercer-chronic-disease-coalition>.



“Reducing the burden of cancer in NJ.”

Healthy Lifestyle Practices Can Decrease Risk Factors

➤ Physical Health

Being physically active can lower your risk for developing several common cancers.

Main Street Half Marathon of Hunterdon

Exercise with a Purpose – Consider participating in the Expo and Race on October 21 & 22, 2023 to walk or run. There is something for everyone, including kids – healthy behaviors start young. #RaceLocal#SupportLocal

Location: Red Mill Museum Clinton

Details & register: <https://www.mainstreetmarathon.com>

To Benefit Hunterdon Regional Cancer Center

Committed to providing high-quality care to every patient who enters our doors for consultation, education, treatment or follow-up care.

Visit: <https://www.hunterdonhealth.org/hunterdon-regional-cancer-center>

➤ Emotional Wellness

Learning to cope with stress in a healthy way will help you become more resilient.

Journaling for the Soul

Journaling and expressive writing has been found to: boost mood; enhance a sense of well-being; reduce symptoms of depression; and improve memory. This program provides the foundation of what journaling is and how to get started.

Speaker: Shelby Nelson, Assistant Director & Program Supervisor, Hunterdon Health & Wellness Centers

Register to view this free virtual program at: <https://www.workcast.com/register?cpak=6245368992669533>

Hunterdon Health & Wellness Centers

Promoting lifelong wellness with resources to help you stay healthy at every age. Bring this flyer to one of the Centers before 12/31/2023 and receive a complimentary wellness pass for you and a guest.

Visit: <https://www.hunterdonhealth.org/hunterdon-health-and-wellness-centers>

➤ Good Health Starts with Good Nutrition

Building healthy eating habits can reduce your risk of developing cancer.

Eating Right – Lets Talk Nutrition & Easy Recipes

Provides easy-to-follow steps in creating balanced meals exploring what a healthy plate looks like, what the food groups are, nutrients to pay attention to and a cooking demonstration.

Speaker: Shauna Alvarez – Executive Chef & Program Lead at America’s Grow-a-Row

Register to view this free virtual program at: <https://www.workcast.com/register?cpak=2195262451084143>

Americas Grow-a-Row

An organization that grows, gleans and delivers fresh produce at no cost to those who need it the most.

Visit: <https://www.americasgrowa-row.org>