

FOR TEENS AND ADULTS AGES 13+

HEALTH



& WELLNESS

DROP-IN FAIR

Parsippany MAIN Library
449 Halsey Road
Parsippany, NJ 07054

THE PARSIPPANY ~ TROY HILLS
PUBLIC LIBRARY SYSTEM

The Library is the  of your Community!

Wednesday  June 28  5-7pm

FREE!



Presented by **LAKELAND HILLS FAMILY YMCA**
& **SPORTSCARE PERFORMANCE INSTITUTE**

- Screenings
 - Blood Pressure
 - Body Fat
 - Balance & Injury Prevention
- Foam Roller Therapy
- Make & Take Yogurt Bar
- Nutrition Info from an Expert
- Healthy Recipes
- Mini Golf Chip & Putt

FREE Pilates Fitness Classes
5:30-6pm & 6:15-6:45pm

Enter to Win a **FREE** Y
Family Membership!

MORE INFO:

Library: Vera Borum 973.887.5150
YMCA: Rosemary Linder Day 973.334.2820

