

Delaware Valley Regional High School
invites you to this FREE event

Wellness Wednesday Workshops

All Community Members Welcome to Attend!

No RSVP Needed

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Whether you're new to wellness or a seasoned pro, these workshops are for YOU!
Come together with your community to relax, recharge, and learn ways to
prioritize your health and well-being.

MOVE YOUR BODY



Self-Defense Basics

Brief introduction to Okinawan
Karate-self defense

Movement for All Ages

Join Ki Training & Fitness Center for
strength, balance & movement



Exercise Snacking

Hunterdon Health introduces some
quick & easy ways to incorporate
movement into your daily routine



Making Exercise Fun

Discover exciting way to stay
active



Personal Trainer

4Ever Fitness Gym will have
equipment to test out



Pilates Core Control

Join Stephanie from Pilate Moves
for "Core Control" movements

...and more!

March 26 6-7pm

19 Senator Stout Rd. Frenchtown, NJ