

EVERY KID'S LIFE SKILLS

With grant funding through the NJ Department of Community Affairs, Recreation Opportunities for Individuals with Disabilities (ROID), Ridgewood Parks and Recreation and HealthBarn USA are pleased to offer this all-inclusive program every child can benefit from. Sessions will be taught by nutrition educators with experience in special education.

Fun socialization classes will promote the "7 healthy habits" as students learn about healthy eating habits including breakfast, how to cook, the importance of hydrating, proper dental hygiene, good sleep, exercise and challenging yourself. Participants will enjoy yoga, meditation, gardening and more.



Grades 4 – 8
All classes held at
The Stable, 259 N. Maple Avenue

Choose from:
Mondays, 5 to 6:30 p.m.
September 23, (no 30)
October 7, (no 14), 21, 28
November 4, (no 11), 18, 25
December 2, 9, 16

or
Saturdays, 9 to 10:30 am
September 28
October 5, 12, 19, 26
November 2, 9, 16, 23 (no 30),
December 7

Makeups can be made at
either session.

No fee to attend. Space is limited.

For more information please call
201-670-5560

PROGRAM REGISTRATION – Online at www.ridgewoodnj.net/communitypass

In Person or By Mail:

The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560

Name _____ Telephone _____

Address _____ Grade _____

Emergency Contact/ Phone _____

Email _____ Medical Needs/Allergies _____

Program: **EVERY KIDS LIFE SKILLS NO FEE**
Session/Date **Fall 2019**

I, the parent of the above named youth, hereby give my permission to participate in any and all Village approved Recreation activities. I assume all risks and hazards incidental to such participation. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Parental Consent _____

