



HolyName  | Great medicine. **Soul purpose.**

# Teaneck Walk to Wellness

## *“Putting Our Community in Motion”*

- **March 1 – May 17, 2026**
- Free 12-week training program for adults 18+
- Times and location to be given with the Welcome packet upon registration
- This program is open to **residents of Teaneck** and **individuals who work in Teaneck**
- Includes group walks, expert-led wellness classes, and a finale 5K to celebrate your success
- *All fitness levels welcome!*

### **12 WEEKS. 1 GOAL. A HEALTHIER TEANECK.**

Join us for a free 12-week wellness initiative designed to inspire movement, connection, and community. Together, we'll take you from the couch to 5K, step by step, as you build endurance, meet new friends, and create healthier habits that last.

Together, we'll walk, jog, and run our way to the finish line at our **celebratory 5K event**—because wellness is better when we do it *together*.



**Register Today! Registration is required for participation in this event.**

Scan the QR code or visit:  
[holyname.org/TeaneckWalktoWellness](https://holyname.org/TeaneckWalktoWellness)

If you have any questions, please contact the  
**Center for Healthy Living at Holy Name at 201-833-3336.**

