

HEALTH BRIEFS

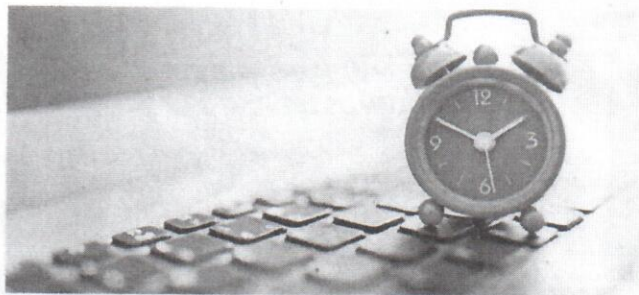
Ridgewood Parks and Recreation Health Events

A Healthy Lifestyle in Ridgewood with Community Gardens

The Ridgewood Department of Parks & Recreation is again offering to its residents the opportunity to participate in a unique, healthy lifestyle and horticultural opportunity. Resident gardeners are invited to participate in the Community Gardening program. This program welcomes gardeners to obtain a parcel of land and plant vegetables, flowers and herbs. Gardening will commence on Saturday May, 14 and continues through the planting season, concluding with the frost in early November.

Two locations are available to gardeners this year. First is the former the home of the Lester Stable farm, the Community Garden site is located in Maple Park East, between Meadowbrook Ave. and the Ho-Ho-Kus Brook. This virgin soil is rich in compost material and provides an excellent medium for growing. Vegetable, herbs and flowers abound in this garden facility, filled with creativity and community involvement. A second site is located adjacent to the playground at the Irene Habernickel Family Park. Within its fenced boundary; there are individual plots, each measuring 10 inch by 12 inch in diameter.

Gardeners are responsible for the planting, mulching, weeding, watering and harvesting of their assigned area. Be sure to visit the Recreation site on the Village website ridgewoodnj.net for additional programs offered on composting, gardening, reforestation, nature walks, other healthy lifestyle choices. Registration is available at \$50 per plot. Storage of garden tools is available



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On June 1, the Ridgewood Health Department in partnership with Ridgewood Parks and Recreation Department will offer a program on time management. Call 201-670-5500, ext. 245 for details and to register.

are scheduled to run through July 22. Family members are welcome. Registration is not necessary. For more information about this group, call Mary Kirchmeier at 201-291-6213 or email her at mkirchm@valley-health.com. Information about other diabetes available at Valley Health System and directions to the Dorothy B. Kraft Center can be found at ValleyHealth.com.

Concussion Awareness Seminar: The Valley Hospital Sports Institute will host a free concussion awareness seminar for coaches, parents, and recreation/athletic directors on Tuesday, June 13, 7-9 p.m. at the Valley Hospital Auditorium. Signs and symptoms of a concussion can show up right after the injury, or may not appear or be noticed until days or weeks after the injury. Concussion severity varies widely, and the number of signs and symptoms vary as well. No concussion is the same.

Some of the topics that will be covered include the communication and roles of people in caring for an athlete with concussion, what is known about concussions today and guidelines for returning to play following a concussion. Participants will learn all about the Concussion Management Program at The Valley Hospital Sports Institute and the ImPACT Concus-

sion Management Test. There will be a Q&A session and information and resources available on concussion awareness and management. Attendees will receive a certificate of participation. Space is limited. To register for the free seminar, call 1-800-VALLEY-1 (1-800-825-5391).

Wellness Program for Adults

Ridgewood Health Department in partnership with Ridgewood Parks and Recreation Department offers a new wellness program for adults in Bergen County as part of the CHIP Wellness Initiative.

All programs will take place on the first Thursday of the month from 1 to 2 p.m. in the Pat Mancuso Senior Lounge of The Community Center, located in Village Hall, 131 N. Maple Ave., Ridgewood. Please bring a brown bag lunch, unless otherwise noted.

June 1- Time Management: Find better ways to organize and better manage your time and become more effective with personal and employment tasks. Susan Breithaupt, LCSW, Health Educator, The Valley Hospital.

Please contact Dawn Cetrulo, Ridgewood Supervisor of the Health Department, at 201-670-5500, ext. 245 for details and to register.

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fencing and other gardening tools.

For further information, contact the Recreation office at 201-670-5560 weekdays between the hours 9 a.m. and 4 p.m. or visit The Stable, 259 N. Maple Ave.

Valley Health System

Diabetes Support Group: Valley Health System is now offering a free support group to anyone with diabetes who is 18 years old and older. The group will meet on the fourth Thursday of every month, 7-8:30 p.m. at the Dorothy B. Kraft Center, 15 Essex Road, Paramus. Group members will be able to meet and share with others who have similar issues. They will be able to develop a better understanding of diabetes and learn more about their condition. The next meetings



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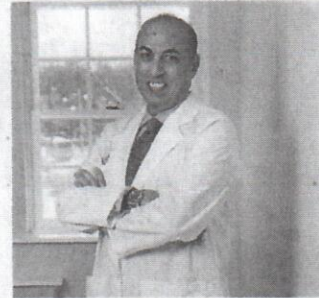
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