

TEAM USR - SPECIAL EVENTS

The Whole 30: One Month to a Healthier You

Wednesday, April 6 7pm / USR Library

Presented by USR resident Kate Jackson, author of Framed Cooks

Will include 4 weeks of emails and coaching

Limited copies of the book will be available at the library on April 1.

Refreshments sponsored by Demarest Farms

Shop For A Cause at Athleta

Thursday, April 14 12pm - 2pm / Tice's Corner

Giveaways and prizes from 12pm - 2pm

A portion of sales during event & throughout the day will benefit Strengthen Our Sisters

<http://www.strengthenoursisters.org/>

Forks over Knives - Film Screening

Monday, April 25 at 7pm / USR Library

Examines the profound claim that most, if not all, degenerative diseases that afflict us can be controlled or even reversed by implementing a plant based diet

Refreshments sponsored by Acme Supermarkets

<http://www.forksoverknives.com/the-film/>

Author Visit and Cooking Demonstration

Wednesday, April 27 at 7pm / USR Library

Presented by USR resident Christine M. Okezie, author of The Not Diet Cookbook

Sponsored by Whole Foods

Lecture, Tour and Lunch

Sunday, May 1 at 11am / Blooming Hill Farm

Led by owner Guy Jones. Buy your own lunch at the farm.

PlantPure Nation – Film Screening

Monday, May 2 at 7pm / USR Library

A documentary film about three people on a quest to spread the message of one of the most important health breakthroughs of all time.

Refreshments sponsored by Acme Supermarket

<http://www.plantpurenation.com/>

Caring for Our Community Lecture

Wednesday, May 11 at 7pm / USR Library

Understanding The "Proud to be Stigma Free" Program

How to recognize the signs and symptoms for those at risk.

Hosted by Mayor Joanne Minichetti & USR Health Commissioner Cynthia Dilatush

Refreshments sponsored by Saddle River Deli

<http://www.co.bergen.nj.us/index.aspx?NID=1242>

PGA Golf Event

Thursday, May 19 at 6pm / PGA Superstore, Paramus

Wine & Cheese Reception, Instruction, Contests & Prizes

Dunk Your Kicks! For Pediatric Cancer (size 7+)

Drop off your used sneakers at the Team USR Kickoff 4/3 or during the month of April at the USR Ambulance Corps, Northern Highlands HS, Racefaster (Ridgewood). The money received from recycling the sneakers will enable the purchase of gift cards to low-income and military families who have children battling cancer.

<http://dunkyourkicks.org/>

Special Offerings

Two Free Person Training Sessions / The Gym, Montvale

All registered Team USR members (18 and older) are eligible

Schedule anytime between April 3 and May 15

Visit them at the Kickoff on 4/3 or email Steve: scmeccia@gettothegym.com

One Month Free Small Group Training Session

Shape Up For Women/ Waldwick

Visit them at the Kickoff on 4/3 to receive your pass

One Month Special Rate / Bar Method - Ridgewood

Attend Team USR's scheduled class on 4/7 or 4/21 and receive a one month membership for \$75. Offer good only on those dates.