

UPPER SADDLE RIVER COMMUNITY EVENTS

Cavallini Middle School Wellness Day - Grades 6-8

Thursday, April 21

Upper Saddle River Educational Foundation Rock n' Roll Run

Saturday, May 14 / Cavallini Middle School

8am 5K and 9am 1 Mile Fun Run

Race to Tackle Kids Cancer

Saturday, April 30 and Sunday, May 1

<http://tacklekidscancer.org/>

USR Youth Guidance Color Run for Mental Health - Grades 5-8

Friday, May 20 2:45pm-5pm / Lions Park

Relay for Life Fundraiser

Saturday, May 21 / Northern Highlands Regional High School

Opening Ceremony 5pm

USR Library Summer Reading Program

Begins June 23 - Reading programs and activities focused on fitness

COMMUNITY RESOURCES

Monthly Health History Assessments at USR Boro Hall for Residents

4th Thursday of the month 12pm - 1pm

Bergen County Department of Parks

www.co.bergen.nj.us/parks

Bergen County Department of Health Services

www.bergenhealth.org

Marla Klein, Office of Health Promotion: mklein@co.bergen.nj.us

Valley Health System and Cleveland Clinic Featured Programs

https://www.valleyhealth.com/valley_eventscaendar.aspx