

The Mahwah Branch
of The Valley Hospital Auxiliary Presents

SPRING INTO FITNESS

Saturday, May 3

8:30 a.m. – 1 p.m.

The Valley Center for Health and Wellness
1400 MacArthur Blvd., Mahwah

Join us at Valley Health *LifeStyles* – Valley’s fitness center – to kickstart your fitness journey. Come and try a **spin class, pickleball game, swim session, and walking on the walking path.** Free health information will be available. All proceeds will benefit the Auxiliary’s \$3.1 million pledge to support The Valley Hospital Pediatric Emergency Department and Valley Home Care’s Butterflies Program, a pediatric in-home palliative care and hospice program.

This event has a \$40 registration fee.

Please scan the QR code to register.

After purchase, you will be
prompted to select your desired
activity and timeslot.



All attendees will be entered into a drawing to win a three-month membership to Valley Health *LifeStyles*.

