



# Family Connection

an initiative of the **Caldwell Health Department**

## Is Your Family Connected?

The Caldwell Health Department is Challenging Families to join our new program inspiring families to spend more time together, eat healthy and exercise more. Our goal is to promote family health, wellness and togetherness.

### Free Monthly Events

Monthly activities that are **free** for your family to enjoy

This month, attend the Caldwell Community Center's **Free Halloween Party on October 28<sup>th</sup> from 2:00 – 5:00** When you are there, visit the Health Department's table to get important information on the Family Connections Initiative. Don't forget to pick up our flyer of free monthly events.

### Family Challenge Calendar

Family Challenge Calendar is on our web page [health.caldwell-nj.com](http://health.caldwell-nj.com). Each month we will suggest daily activities for your family. You can do an activity each day or one or two a week. Your choice!! Look for the Challenge of the month!

### Join us in Making Caldwell a Healthier Place to live

For more information on Family Connection – an initiative of the Caldwell Health Department, please call 973-403-4323 or email the Caldwell Health Department at [mburak@caldwell-nj.com](mailto:mburak@caldwell-nj.com). The Health Department is located within the Caldwell Community Center at 1 Provost Square, Caldwell.