

SUSTAINABILITY FAIR

at the Chatham Borough Farmers' Market
September 8, 2018 • 8am – 1pm

2018 EVENT SCHEDULE

Rail Road Plaza South at the Commuter Oasis

POWERFLOW YOGA FREE CLASS ON THE GRASS

8:30am

MUSIC WITH "BIG" JEFF

9:00am

RIZZO'S REPTILES

10:00am

URBAN TRACK INAUGURAL WALK

Mayors' Wellness Committee
of the Chathams

11:00am

INCREASING OPTIMISM: SELF RESILIENCY

Cara Maksimow, LCSW, CPC
Maximize Wellness

12:00pm

THANK YOU TO OUR PARTICIPANTS & SPONSORS

The Bar Method of Madison
Best Choice Home Care
Burke Wellness Consulting
Chaise Fitness Madison
Chatham Borough Environmental Commission
Chatham Borough Farmers' Market
Chatham Police Department
Chatham Club
Chatham Courier
Chatham Emergency Squad
Chatham Historical Society
Chatham Senior Center
Chatham Township Environmental Commission
Desktop Alert
Emily Borzner
Madison Area YMCA
Maximize Wellness Counseling & Coaching
Mayors' Wellness Committee
Moment Institute Physical Therapy & Fitness
Morris County Municipal Utilities Authority
NJ Association of RR Passengers
New York Blood Center
Powerflow Yoga
PUR2o Water Filtration
Quiet Communities
RWJ Barnabas Health
SAGE Eldercare
Shop Rite of Chatham
So.I.Heard Music
Spring Clean
Suburban Chiropractic Center – Dr. Murphy
TransOptions
Tri-Town 55+
Tupperware – Beth Salinardi
Westfield Regional Board of Health



YOU'RE INVITED

SUSTAINABILITY FAIR

Healthy Self - Healthy Earth

The Mayors' Wellness Committee of the Chatham, along with the Environmental Commissions of Chatham Borough and Township, hosted by the Chatham Borough Farmers' Market; Perfect Together.

September 8th, 8am to 1pm

Rain or Shine!

Featuring:

- **8:30 am** Powerflow Yoga Free Class on the Grass
- **9:00 am** Big Jeff - Youth Singer & Songwriter
- **10:00 am** Rizzo's Reptiles
- **11:00 am** Inaugural Urban Track Walk
- **12:00 pm** Increasing Optimism: Self-Resiliency

The Urban Track Inaugural Walk

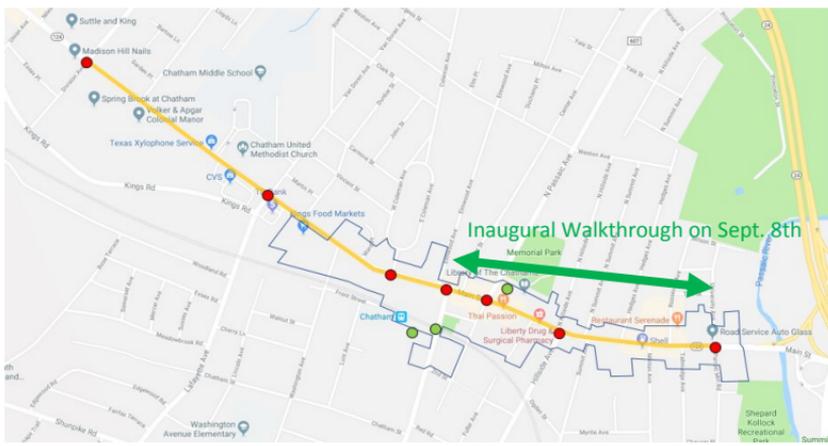
The Urban Track Inaugural Walk, *Tracking Wellness One Step at a Time*, will launch from the Farmers' Market off Fairmount Ave., and walk the eastern portion of the Urban Track, for a one mile walk through the Historic Business District of Chatham!

Dogs and Strollers are Welcome!

Participants will receive a free healthy Farmers' Market snack!

The All New Urban Track

A 3.3 Mile walk along Chatham's sidewalks encompassing the signaled intersections of Division and University Avenues, featuring local shops, art, and historic markers available to the public. **Join us on September 8th at 11am at the Sustainability Fair for a one mile walk. You'll be surprised with all the new places and sights you'll find in town!**



Mayors' Wellness Advisory Committee of the Chatham



Under the Direction of
New Jersey Health Care Quality Institute

The New Jersey Health Care Quality Institute is passionate about projects for the health and wellness of communities. The NJHCQI is the founding organization that created the Mayors' Wellness Campaign supporting the Mayors' Wellness Committee of the Chatham, with a mission of "Put Your Community in Motion".

