

Mission

To advance a culture of health and wellness in Freehold Township by educating the community about healthy choices, encouraging active lifestyles and fostering quality programs through collaborative community partnerships that promote an optimum state of wellness for all.



Having the appropriate resources and support available to achieve an optimum state of wellness for all can be a challenge. The Freehold Township MWC is working hard to leverage existing community partnerships and form new collaborations that will support our mission –making Freehold Township *the* healthy place to live.

Support the MWC!

Take the Pledge

Support our Events

Showcase excellent programs by applying for the annual “Excellence in Health” recognition awards!



2015 Excellence in Health Awards presented to West Freehold and Applegate Elementary Schools

Submit ideas to:

MWC@twp.freehold.nj.us

www.twp.freehold.nj.us/mwc



Instagram

Sponsored by:
Freehold Township Committee
Freehold Health Department



Freehold Township



Mayor's
Wellness
Campaign



Good health means
achieving balance and
wellness

Healthy Body

Healthy Mind

Healthy Spirit

Healthy Community!



Did You Know?

A healthy community is more than just the absence of illness. It is a community where individual behaviors, clinical care, economics and physical surroundings promote better physical and emotional health.

You can influence the health of our community by committing to healthy lifestyle choices each day!



BE ACTIVE

- Exercise 2 ½ hours a week
- Walk 10,000 steps a day

EAT HEALTHY

- Fruits and vegetables
- Maintain a healthy weight

TRACK MY PROGRESS

- See your doctor as directed
- Ask how to prevent health problems

JOIN US TAKE THE PLEDGE



I Pledge To:

Be Active

Eat Healthy

Track My Progress



Visit our website

www.twp.freehold.nj.us/mwc

And click on the picture of the pledge!

**Let's make Freehold Township the
Healthiest Community in New Jersey!**

