



# Mayors Wellness Campaign At-a-Glance Program Guide

	Youth	Seniors	Workplace	Overall Community	Sustainable Jersey*
<b>Addressing Mental Health Awareness</b>	✓	✓	✓	✓	
<b>Aging and Wellness</b>		✓			
<b>Community Dance</b>				✓	
<b>Community Harvest</b>	✓	✓		✓	✓
<b>Driving Toward Better Health</b>	✓	✓	✓	✓	
<b>Eat Well, Get Well</b>	✓	✓	✓	✓	
<b>Five Wishes Workshop</b>		✓	✓		
<b>Get your Lunch in Shape</b>			✓		
<b>Health and the Arts</b>	✓	✓		✓	✓
<b>Health Fair Everywhere</b>	✓	✓		✓	
<b>Healthy Cook-Off</b>	✓	✓	✓	✓	
<b>Healthy Corners</b>				✓	
<b>Healthy Restaurant Initiative</b>	✓	✓		✓	✓
<b>Know Your Numbers</b>		✓	✓	✓	
<b>Nature and Wellness</b>	✓	✓		✓	✓
<b>School Nurses and Wellness</b>	✓				

<b>Self Defense Classes</b>	✓	✓	✓	✓	✓
<b>Sun-Screening Event</b>	✓	✓		✓	
<b>Supermarket Tour</b>	✓	✓		✓	
<b>Sustainable Community</b>	✓	✓	✓	✓	✓
<b>Vending Machine Makeover</b>	✓	✓	✓	✓	
<b>Walk With The Mayor</b>	✓	✓		✓	✓
<b>Walking School Bus</b>	✓			✓	✓
<b>Weight Loss Challenge</b>		✓	✓	✓	✓
<b>Workplace Walking Challenge</b>			✓		✓
<b>Workplace Wellness Program</b>			✓		✓

\*The MWC recognizes that sustainability is an important part of community health. We partner with Sustainable Jersey to support communities as they pursue programming that encourages healthy lifestyles. By participating in the MWC communities are eligible for up to 20 Sustainable Jersey points through the [‘Building Healthier Communities’ action](#).