

Introducing CityWell

ACHIEVING HEALTHIER LIFESTYLES IN THE CITY OF LONG BRANCH



Improving & Celebrating the Quality of Your Life

To Become a CityWell Member

ACHIEVING HEALTHIER LIFESTYLES IN THE CITY OF LONG BRANCH

To become a CityWell member and start achieving a healthier lifestyle, tear off this portion and bring it to your initial complimentary visit with Dr. James Proodian at Natural Healthcare Center.

10 West End Court | Long Branch, NJ 07740 | 732.222.2219

What Is CityWell?

CityWell 2014 is a **free** resource for all City of Long Branch employees and their dependents to help them achieve healthier lifestyles.

The main purpose is to enhance Citywide health by fostering interest and encouraging employees to engage in healthier lifestyles by eating better, exercising more, and reducing stress. To achieve this, we provide diverse tools and health education programs to meet a wide range of personal health needs.

We will recognize and reward employees for participating in healthier lifestyle activities. We hope to develop a positive Citywide culture focused on improving and celebrating the quality of life for all.

Free Membership Benefits

HorizonBFit gym discounts

Local healthy vendor discounts

Educational seminars

Access to Natural Healthcare Center
(www.NaturalHealthcareCenter.com)

And much more. . . .



Name

Address

Email/Phone