

# GET HEALTHY AC



**Saturday, July 21**  
**8:30 AM - 10:30 AM**

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**On the  
Atlantic City Boardwalk**

in front of the Tropicana Casino & Resort  
Between Iowa & Brighton Avenues

## Can't Join Us?

Text **HealthE** to **55678** to be enrolled  
in healthy messaging & to stay up to date  
on summer wellness events & activities!  
(Messaging rates apply.)

**STEP UP and Get Healthy AC with  
AtlantiCare &  
Atlantic City Mayor Frank Gilliam**

8:30 AM

Wake-up Yoga • \*Bring a Towel

9:15 AM

Mayor's Remarks  
Stretch Break

9:30 AM

Take a Walk with Mayor Frank Gilliam

For more information contact:

609-677-7507 or [wellness@atlanticare.org](mailto:wellness@atlanticare.org)

**AtlantiCare**  
A member of Geisinger





# GET HEALTHY AC

## Summer Wellness Events & Activities

### Free ZUMBA® Classes

Every Friday, Saturday & Sunday in July & August • 12 PM  
Atlantic City Boardwalk in front of the Tropicana Casino & Resort

### Diabetes Support Group

3rd Tuesday Every Month • 1 PM • AtlantiCare HealthPlex

### “Be Your Own Healthy Chef “ Cooking Demonstration

3rd Tuesday Every Month • 2:15 PM • AtlantiCare HealthPlex

### Free Pop Up Fruit & Vegetable Market & Health Fair

July 18 • 10 AM • Brown’s Memorial Park, Atlantic City

### Smoking Cessation Class

July 18 • 5 PM - 6 PM • AtlantiCare Regional Medical Center, Atlantic City Campus

### Body Composition Screening

August 20 • 10 AM -12 PM • AtlantiCare Regional Medical Center, Atlantic City Campus

### Beyond Diet & Exercise Class

August 20 • 12 PM - 1 PM • AtlantiCare Regional Medical Center, Atlantic City Campus

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AtlantiCare LifeCenter  
Tropicana Atlantic City  
2831 Boardwalk  
Atlantic City, NJ 08401

AtlantiCare Regional Medical Center  
Atlantic City Campus  
1925 Pacific Avenue  
Atlantic City, NJ 08401

William L. Gormley  
AtlantiCare HealthPlex  
1401 Atlantic Avenue  
Atlantic City, NJ 08401