



Mid Bergen Regional Health Commission

Recreation & Social Services
Health Education Paradigm

Revised September 2023

Our Mission

Mid Bergen Regional Health Commission aims to promote and protect the health and well-being of our municipalities by providing accessible, evidence-based, and comprehensive public health services. We strive to prevent disease, promote healthy behaviors, and address health disparities through education, outreach, and collaboration with our partners. Our dedicated professionals are committed to fostering a culture of wellness, equity, and resilience. Together, we are determined to empower individuals and communities to make informed decisions, leading to a healthier future for everyone we serve.

Aging Health Education Services

Health education programs play a vital role in empowering aging people to enhance quality of life, take control of their health, make informed decisions, and prevent illness. These programs contribute to improved health literacy by placing a strong emphasis disease prevention and health promotion, ultimately leading to better health outcomes.

Programs by Health Topic

Physical Activity & Falls Prevention

- Exercise Workshops: (chair) yoga, Bingocize[®], movement and dance, exercise safety
- Strength Classes: Improving bone density and muscle mass
- Walking & Stretching Groups

Nutrition and Diet Programs

- Healthy Eating
- Meal Planning & Cooking Simulation
- Food Safety
- Weight Management & Dietary Restrictions



Programs by Health Topic Continued

Hygiene and Personal Care

- Hand Washing
- Oral Health
- Personal Grooming

Chronic Disease Management

- Heart Disease
- Cancer
- Diabetes
- Alzheimer's & Dementia
- & More...

Mental Health and Substance Use

- Support Groups (i.e., anxiety, depression, caregiver etc.)
- Mindfulness & Art groups (i.e., water coloring, floral arrangement, gardening)
- Drug & Alcohol Prevention
- Smoking Cessation
- Resource Navigation

Digital Literacy

- Smartphone and tablet utilization for health
- Cybersecurity and online safety

The Mid Bergen Regional Health Commission will provide third party resources regarding health screenings, financial wellness, palliative care programs, and other social services in Bergen County, NJ.

For health education program requests, resources, and events please contact:
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