



FOR IMMEDIATE RELEASE

Friday, April 21, 2023

New Wildwood Crest Wellness Weight Group to meet Saturdays

The Wildwood Crest Mayor's Wellness Campaign and the Wildwood Crest Recreation Department are set to host the new Wildwood Crest Wellness Weight Group. The group will meet each Saturday at 10:30 a.m. at the new Crest Arts Pavilion beginning May 6.

The Wellness Weight Group will provide attendees with information and strategies to help break free from unhealthy habits and create a successful journey toward weight loss and better health in a safe and supportive small-group environment. Each week will feature new topics and lively discussion.

The Wellness Weight Group will be led by Marianne Viscomi, who has more than 30 years of experience as a weight-loss advocate.

The Wellness Weight Group is a free program. No pre-registration is necessary.

For more information, contact the Wildwood Crest Recreation Department at (609) 523-0202.

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