



FOR IMMEDIATE RELEASE

Friday, Jan. 27, 2025

Wildwood Crest Recreation to host separate wellness programs for children, seniors/veterans

WILDWOOD CREST – The Borough of Wildwood Crest Recreation Department is set to host separate free wellness programs for children and seniors/veterans.

The Children’s Movement and Art Workshop is a free class that features yoga poses and stretches synchronized to the breath and low-impact aerobic exercise to improve physical fitness. Classes conclude with art activities to promote creativity and mindfulness such as sketching, beading, crafting and more. The program is open to children ages 9-12 and will be held each Tuesday at 4:30 p.m. beginning Jan. 28. Registration forms are available on the Recreation page of the wildwoodcrest.org website or in person at the Crest Pier Recreation Center.

The Wellness Workshop is a free mindfulness class featuring gentle chair and standing yoga, stretching, balance exercises, movement and synchronized breathwork, sound bath meditation, journaling and art projects. Seniors, veterans, those with limited physical abilities and all who are interested are welcome. The program will be held each Tuesday at 5:30 p.m. beginning Jan. 28. No pre-registration is necessary.

These free programs are funded through a \$9,000 grant from the New Jersey Health Care Quality Institute’s Mayors Wellness Campaign (MWC), which awarded a total of \$127,500 in grants to 11 New Jersey communities to support community mental health initiatives and address intimate partner violence and substance use prevention. The MWC is a partnership with the NJ League of Municipalities and the grants were funded by Walmart.

The Borough of Wildwood Crest formally accepted the grant award at the New Jersey League of Municipalities convention in Atlantic City in November.

For more information, call (609) 523-0202.

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