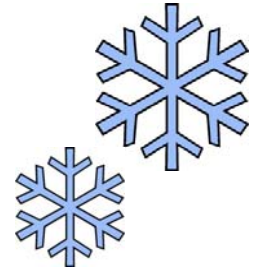


Don't Chill Out this Winter...



Join the Winter Wonderland  
Physical Activity Challenge  
January 23 - March 23, 2010

**FREE to join! Fun for every age!**



Participate in a variety of activities to earn prizes and  
qualify for raffle drawings



Register to be a part  
of the **FUN!**

Online at:

[www.rocklandsteps.org/winter-pa-challenge](http://www.rocklandsteps.org/winter-pa-challenge)

Or at the Palisades Center Customer Service  
Desk located on Level 1



**Have FUN! Stay ACTIVE! Keep WARM!**



For more information call 845-364-2500 or visit: [www.rocklandsteps.org](http://www.rocklandsteps.org)



Bon Secours Community Hospital  
Good Samaritan Hospital  
St. Anthony Community Hospital  
[www.bschs.org](http://www.bschs.org)