

BUILDING HEALTHIER COMMUNITIES

8TH ANNUAL FREE HEALTH FAIR AND BLOOD DRIVE

Date: Saturday, October 1, 2022

Location: Knights of Columbus Hall

106 Bergen Avenue, Ridgefield Park, NJ 07660

HEALTH FAIR (upstairs) 9:00 a.m. – 1:00 p.m.

BLOOD DRIVE (downstairs) 9:00 a.m. – 2:00 p.m.



Free services to include:

- Learn your basic vitals
- Learn about safe cleaning supplies
- Tips from a Dietician
- Mental health for your family
- Energy therapy
- Legal Services
- Asthma Education
- Fall risk & memory screening
- Physician
- Vaping Education
- Wellness care
- Dental exams
- Palliative Care Information
- Blood Glucose
- Bergen's Promise
- Brain Injury Prevention
- Meditation & Yoga
- Gym demonstrations

INFORMATION, COUNSELING AND MORE!! FREE GIVEAWAYS BY MANY PARTICIPANTS!!

FLU, PNEUMONIA & COVID VACCINES AVAILABLE: (You Must Bring Your Insurance Card)

Demonstrations:

foam roller demo, how to set up a first aid kit, basic wound care, physical therapy, asthma van, how ambulance equipment works, CPR sign-ups.

For the kids:

The opportunity to go inside an ambulance, see the equipment, meet the EMT and learn they're just another community helper!!
Get info on the new GOAT Climbing Gym, NJ's premier rock-climbing facility!!

Local:

Stop by to meet the local health officer from Mid Bergen Regional Health Commission and learn all that is offered to village residents.
Local honey and honey products will be available to purchase.

BLOOD DRIVE IN LOWER LEVEL OF K OF C – 9:00 a.m. – 2:00 p.m.

Sign up to donate [redcrossblood.org](https://www.redcrossblood.org) / 1-800-RED-CROSS or

<https://www.redcrossblood.org/give.html/drive-results?zipSponsor=Greenteam>

You can just scan the QR code to sign up too!



BRING A FRIEND!!

For more information
email:

greenteam@ridgefieldpark.org

Sponsored by: Ridgefield Park Green Team, Knights of Columbus, Catholic Daughters of the Americas, Court St. Francis of Assisi #2271, St. Francis of Assisi Church