

Health Fair for Body, Mind & Spirit:  
**Towards Building Healthier Communities**  
*6<sup>th</sup> ANNUAL HEALTH FAIR FOR ADULTS*

**Location:** Knights of Columbus Hall

106 Bergen Avenue, Ridgefield Park, NJ 07660

**Date:** October 20, 2018 **Time:** 9:00 AM to 1:00 PM

**Free Services to include:**



Screenings and exams:

Sun Damage	Hearing	Stress	Sleep Disorders
Bone Density	Dentist	Vision	Diabetes Risk
Podiatrist	Nutritionist	Pharmacist	Blood Pressure
Blood Glucose	Exercise	Pulmonary Function	
Physical Exam	Measurements: Height-Weight-BMI		

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

WE WILL ALSO HAVE SAFE & SECURE MEDICINE DISPOSAL  
FOR YOUR UNUSED MEDICATIONS

**SPONSORED BY:**

**Catholic Daughters of the Americas, Court St. Francis of Assisi #2271  
St. Francis of Assisi Church, and the Ridgefield Park Green Team**

**Bring a Friend!!!!**

**For more information, call:**

**Flora: 201-440-9427 or St. Francis: 201-641-6464**