

FREE...NO COST

Health Consultation Program



**You're Invited to Join Us
On Any One
of the Dates Listed!**

**WHERE: Moonachie Senior/
Civic Center
125 Moonachie Road**

**WHEN: 3rd Wednesday of month
TIME: 12-1pm**

DATES FOR 2022:

Jan. 19	July 20
Feb. 16	Aug. 17
Mar. 16	Sept. 21
Apr. 20	Oct. 19
May 18	Nov. 16
Jun. 15	Dec. 21

For more information call:

201-641-1813 ext. 6

SERVICES INCLUDE:

- ◆ **Health History Evaluation**
- ◆ **Blood Pressure Measurement**
- ◆ **Height and Weight**
- ◆ **Individualized Counseling and Education**
- ◆ **Referral and Follow-up**
- ◆ **Confidential Consultation with a Public Health Nurse**

This program is made possible by the contract your local Board of Health holds with the Bergen County Department of Health Services for programs and services like these that are designed to meet the needs of residents.