

**FREE...NO COST**

# Health Consultation Program



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

**WHERE:** Park Ridge Elks Lodge  
13 Sulak Lane

**WHEN:** 3rd Tuesday of Every  
Month

**TIME:** 11:30 am to 1:00 pm

**DATES FOR 2020:**

Jan. 21	May 19	Aug. 18
Feb. 18	June 16	Sept. 15
March 17		Oct. 20
April 21		Nov. 17

**\*\*No meeting in July or December\*\***

For more information call:

**201-822-3112**

## **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.