

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: 2nd Tuesday of Every
Month**

TIME: 11:30 am to 1:00 pm

DATES FOR 2018:

Jan. 9	May 8	Aug. 14
Feb. 13	June 12	Sept. 11
March 13		Oct. 9
April 10		Nov. 13

****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.