

FREE...NO COST

Health Consultation Program



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

**WHERE: Oradell Municipal Bldg.
Oradell Senior Veterans Bldg**

**WHEN: 1st Thursday MUNC
3rd Tuesday SR.CTR**

**TIME: 9:30 am -11:30 am First
9:30 am -11:00 am Third**

DATES FOR 2019:

Jan. 3/15	July 16 only
Feb. 7/19	Aug. 1/20
Mar. 7/19	Sept. 5/17
Apr. 4/16	Oct. 3/15
May 2/21	Nov. 7/19
June 6/18	Dec. 5/17

For more information call: 201-261-8106

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.