

FREE...NO COST

Health Consultation Program



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

**WHERE: Demarest Library
90 Hardenburgh Avenue
(2nd Floor Conference Room)
WHEN: 3rd Monday of Every
Month**

TIME: 10am to 11:00 am

DATES FOR 2019:

May 20	Sept. 16
June 17	Oct. 21
July 15	Nov. 18
Aug. 19	Dec. 16

For more information call:
201-768-8714

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.