

**FREE...NO COST**

# Health Consultation Program



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

**WHERE: Rochelle Park  
Municipal Bldg.-Senior Center  
151 W. Passaic Street**

**WHEN: 4th Thursday of  
Every Month**

**TIME: 11:00-1:00 PM**

## DATES FOR 2016:

Jan. 28	May 26	Sept 22
Feb. 25	June 23	Oct 27
March 24	July 28	Nov 10*
April 28	Aug 25	Dec 8*

**\*Please note this is change from usual schedule\***

**For more information call:**

**201-587-7730**

## 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.