

You are invited to participate  
in the

**Free**  
**HEALTH CONSULTATION  
PROGRAM**

**Services Include:**

**Health history evaluation**  
**Blood pressure measurement**  
**Height and weight measurement**  
**Individualized counseling and education**  
**Referral and follow-up**  
**Confidential consultation with a  
Public Health Nurse**

**Where: Cresskill Senior Activity Center  
38 Spring Street**

**When: 4<sup>th</sup> Monday of Every Month** (except for May and  
December there we will not meet)

**10:30 AM to 12:30 PM**

**May 14    June 25    July 23    Aug 27**  
**Sept 24    Oct 22    Nov 26**

**This program is sponsored by: The Cresskill Board of Health.  
For more information call 201-503-9831**