

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

<b>2010</b>	<b>Jan.25</b>	<b>Apr. 26</b>	<b>July 26</b>	<b>Oct. 25</b>
	<b>Feb. 22</b>	<b>May 24</b>	<b>* Aug. 9</b>	<b>Nov.22</b>
	<b>Mar. 22</b>	<b>June 28</b>	<b>Sept. 27</b>	

**\* NOTE DATE CHANGE FOR AUGUST**

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