

UPCOMING HEALTH DEPARTMENT PROGRAMS

SEPTEMBER:

Wednesdays 17th and 24th – Introduction and Booster Sessions for **Strengthening Families Program**. Free for parents/caregivers of children ages 10 – 14, includes family dinner and activities for parents and children. 6:00 pm to 8:30 pm at the North Arlington Middle School -- professional staff -- child care available for younger children. Call the Health Department for registration and/or more information at 201-955-5695.

Free **Community Health & Safety Fair** – Saturday, September 27 from 10:00 am to 1:00 pm at the North Arlington Senior Center located to the rear of the Health Department building at 10 Beaver Ave.. Screenings include: diabetes, cholesterol, blood pressure, stroke risk, foot, eye, skin sun damage, body mass index, body alignment, respiratory function. Also available are giveaways, health & educational information, and much more. No registration is required. Done in conjunction with Clara Maass Medical Center.

OCTOBER:

Beginning October 8 to run for 7 consecutive Wednesdays – **Strengthening Families Program, Showing Love and Setting Limits** – for parents and caregivers of children ages 10 – 14 years. Free seven-session program starts with a family meal, followed by activities and discussions to build on strengths, help families to grow together, and prevent problems with drugs and alcohol in the teen years. Giveaways and incentives are offered. To be held at the North Arlington Middle School – professional staff – child care available for younger children. Open to surrounding communities -- space is limited. Call the Health Department for registration and further information.

Thursday, October 2 – **Multiphasic Blood Screening** includes complete blood count with differential, chemistry, lipid profile, cardiac risk factor – for adults. Appointments start at 7:15 am. Low-cost lab fee. Call the Health Department at 201-955-5695 for appointment and/or more information. Medical Laboratory Diagnostics is the provider for the lab service. Registration required.

Also coming in October – free for school-aged children and parents – **Healthy Children / Healthy Families Program**, done in conjunction with Clara Maass Medical Center. Activities will include hands-on activities promoting healthy food choices and active life style, and food tasting. Call the Health Department at 201-955-5695, date to be announced. Registration required.

OCTOBER – NOVEMBER

Flu Program – dates to be announced.

Women's Breast Health Program, 10/15 beginning at 6:30 pm at the Senior Center in conjunction with Clara Maass Medical Center. Light refreshments will be served. Registration required.

Free educational presentation on **Herpes Zoster (Shingles)** done in conjunction with H&B Pharmacy and Clara Maass Medical Center at the Senior Center on 10/22 at 12:30 pm. Disease prevention, risk factors, early detection and eligibility for Zostavax Vaccine. Light lunch will be served. Registration required.