Senior Health & Resource Fair

Richard Rodda Recreation Center, 250 Colonial Court, Teaneck, NJ

Wednesday, October 4th, 9:00 a.m. - 12:00 p.m.

For more information or to register:
Visit www.holyname.org/events or call 201-833-3336

Resource Fair Participants

9:00 a.m. – 12:00 p.m.

- Bergen County Division of Senior Services
- Bergen Volunteer Center Chore Service
- Consumer Reports Choosing Wisely Patient Champion Initiative
- Greater Bergen Community Action Economic Security Initiative
- ITN -Independent Transportation Network of Northern New Jersey
- Jewish Family and Children's Services of Northern New Jersey
- NJTIP@Rutgers - New Jersey Transportation Independence Program

Health Screening

9:00 a.m. – 12:00 p.m.

Event Includes:
- Blood Work
- BMI
- Blood pressure
- Bone density
- Diabetes risk assessment
- Pulmonary function screening

Health Seminar

12:00 p.m. – 1:00 p.m.

Staying healthy through cold and flu season, including nutrition and infection prevention.

CarFit Event

10:00 a.m. – 12:00 p.m.

Space is limited, please call 201-833-3336 to schedule an appointment.

A free CarFit event, hosted by **Teaneck Police Department** and **Holy Name Medical Center,** trained technicians will review steering wheel placement, proper seat belt usage, head restraint adjustment, and other topics related to vehicle safety.

CarFit
Helping Mature Drivers Find Their Safest Fit

CarFit is a national program developed by AAA, AARP and the American Occupational Therapy Association and is designed to give a quick, yet comprehensive check on how well an older driver and their vehicle work together.

Holy Name Medical Center

The Holy Name Center for Healthy Living

Township of Teaneck N.J. Incorporated 1895

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