



**The Borough of Totowa Mayor & Council together with the
Board of Health & the Borough of Totowa Public Library
invite you to their 4th Annual Community Health and Wellness Fair**

MEDICAL & DENTAL SCREENINGS INCLUDE:

**Blood Pressure | Blood Sugar | Oxygen Levels | Heart Rate | Body Fat Analysis | Scoliosis |
Hearing Tests | Vein | Posture | Dental | Meet Dr. Odorcuk | Flu Shots
Healthy Eating suggestions & recipes with Heather Shasa MS, RD of
ShopRite of Little Falls | Fitness Demonstrations | Free Massages
Local Vendors & Non-Profit Organizations | Free Refreshments & Giveaways
Fun Activities for Kids! | Fire & Safety Demonstrations**

OCTOBER 19, 2019

10:00 A.M. – 1:00 P.M.

PAL Building

Chamberlain & Lincoln Ave, Totowa NJ

For more information please email

Councilwoman Debbie Andriani dandriani@totowanj.org

or call the Library at 973-790-3265