

LIVINGSTON HEALTH DEPARTMENT
HOSTS FALL HEALTH FAIR

The Livingston Health Department invites all of its residents to the Twelfth Annual Health Fair on Saturday September 24th from 8:30AM till 12:00PM. We are excited to hold the event at our new Senior/Community Center at 204 Hillside Avenue. We have a variety of professionals, along with other guests in related health fields, joining us that morning for free screenings, health education information, demonstrations and the use of alternative medicine as well.

Free screenings offered: Vision, Hearing, Dental, Chiropractor, Bone Mineral Density, Podiatry and blood pressures. We will have information on the benefits of Yoga from "Yoga on the Mount" along with a demonstration. A massage therapist will help us reduce stress with a relaxing back massage. The students from Seton Hall University School of Nursing will be joining us that morning. Once again, they will have interactive projects on healthy living to share with us. Topics such as nutrition, exercise, sun safety, with updates on management of cardiac and diabetes are on the agenda for that morning. The benefits of acupuncture as an alternative therapy will be explored. The Health Department will offer a variety of blood screenings at very reasonable prices by Medical Laboratory of West Orange. These tests will include: Health Profile, Lyme, PSA, T3, T4, Hepatitis B surface antigens, Homocystein and CPR (cardiac screens) and Blood type with RH factor. The registration forms for the blood work will be available at Town Hall and the Health Department at the Community Center. These forms must be completed and returned by September 20th to the Health Department.

Our goal, as always, is to encourage a healthy lifestyle by providing updated health information, early detection of health problems and disease prevention. If you have any questions or wish further information, call us at the Nursing Division (973) 535-7961 @ EX. 226, 227, or 228. Looking forward to seeing you at the Fair!