

Save the Date

What: Women's Health & Fitness Day

Sponsored By:
Woodbridge Department of Health & Human Services



When: Wednesday, September 27, 2017
11:30 am-3pm

Where: Woodbridge Public Health Center
2 George Frederick Plaza

For more information call 732-855-0600, Ext. 5024



John E. McCormac
Mayor



Public Health
Prevent. Promote. Protect.

Dennis M. Green
Director of Health

NEWS

TOWNSHIP OF WOODBRIDGE



MAYOR JOHN E. McCORMAC

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FOR IMMEDIATE RELEASE:

Sept. 22, 2017

FOR FURTHER INFORMATION CONTACT:

John R. Hagerty

Mayor's Office of Communications

732-602-6039

Woodbridge Health Department Announces Women's Health & Fitness Day Wed., Sept. 27

**Health Center Offers Women's Health Program... FREE Health Screenings...
Fitness Demonstrations... Stress Management Techniques...
Personal Safety Tips... And More**

Schedule Your Flu Vaccine at a Health Dept. Flu Clinic

Woodbridge - Mayor John E. McCormac announced that the Woodbridge Township Department of Health & Human Services and the Mayor's Wellness Campaign is sponsoring "Women's Health & Fitness Day" on **Wed., Sept. 27, 2017 from 11:30 AM to 3:00 PM** at the Woodbridge Health Center, 2 George Frederick Plaza (adjacent to the Woodbridge Main Library.)

Learn the facts specific to women's health from the Health Department's wellness experts and professional staff. Participate in FREE health and wellness screenings and events. Explore alternate therapies. Fitness demonstrations. Personal safety tips. Healthy nutrition and much more. Call the Health Department for all the details: 732-855-0600 x5024.

Schedule Your Flu Vaccine at a Health Dept. Flu Clinic

The Department of Health & Human Services has scheduled Flu Clinics (Woodbridge Township residents only) for **Mon., Sept. 25, 2017 (10:00 AM to Noon)** at the Evergreen Senior Center (400 Inman Ave. in Colonia) and **Wed., Oct. 4, 2017 (5:00 – 7:00 PM)** at the Woodbridge Health Center, 2 George Frederick Plaza. Health Director Dennis Green reports that the flu vaccine (standard syringe vaccination) is free to Medicare patients (residents must present a valid Medicare card). The flu vaccination is \$15.00 for non-Medicare patients. Woodbridge Township residents are encouraged to call the Health Center's Nursing Division at (732) 855-0600 ext. 5012 for more information. Individuals with a handicap condition should call (732) 855-0600 x5011 to schedule an individual appointment.

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