



Sponsored by:



LAKELAND HILLS FAMILY YMCA FREE COMMUNITY SENIOR HEALTH AND WELLNESS DAY

Friday, October 18 from 11:00 AM – 1:00 PM
100 Fanny Road, Mountain Lakes, NJ 07046

www.lakelandhillsymca.com

Meet with vendors and organizations to learn more about ways to address your physical, mental and emotional health.

LUNCH to the first 100 registrants!

Try our popular Enhanced Fitness Class @ 11:15 AM

- Medicare Information/Brian McKeivitt of Insure Call
- Blood Pressure Screenings
- Flu Shots/Acme Supermarket
- Sleep Screenings/Saint Clare's
- Carotid Screenings/Saint Clare's
- Integral Care Home Care
- Mobility & Postural Screenings/Twin Boro Physical Therapy

Register Here



Questions? Email Kelly Horvath at Kellyh@lhymca.com