



# WEST MILFORD ADULT HEALTH CLINIC

FOR WEST MILFORD RESIDENTS

 1480 Union Valley Rd, West Milford, NJ

## Health Education Monthly Topics:



**Learn  
Risk Factors**



**Prevent  
Chronic Disease**



**Promote  
Lifestyle Changes**



**Understand  
Nutrition Choices**

**Dates:**  
(Every 3rd Friday)  
1:30PM – 3:30PM

- February 18
- March 18
- April 22 (changed for Good Friday)
- May 20
- June 17
- July 15
- August 19
- September 16
- October 21
- November 18
- December 16

## Health Screening:



**Blood  
Pressure**



**Glucose**



**Cholesterol**

**Phone: (973) 728-2726  
(201) 421-8727  
(201) 398-5184**

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PASSAIC COUNTY BOARD OF COUNTY COMMISSIONERS

HOSTED BY  
PASSAIC COUNTY DEPARTMENT OF HEALTH SERVICES

IN PARTNERSHIP WITH  
THE WEST MILFORD TOWNSHIP HEALTH DEPARTMENT



# WEST MILFORD CLÍNICA DE SALUD PARA ADULTOS

PARA LOS RESIDENTES DE WEST MILFORD

 1480 Union Valley Rd, West Milford, NJ

## Temas de Educación para la Salud a:



**Aprender  
Factores de  
Riesgo**



**Prevenir  
Enfermedades  
Crónicas**



**Promover  
Cambios en el  
Estilo de Vida**



**Comprender  
las Opciones de  
Nutrición**

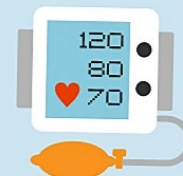
**Fechas:**  
(Every 3rd Friday)  
1:30PM – 3:30PM

18 de Febrero  
18 de Marzo  
22 de Abril (cambiado por Viernes Santo)  
20 de Mayo  
17 de Junio  
15 de Julio  
19 de Agosto  
16 de Septiembre  
21 de Octubre  
18 de Noviembre  
16 de Diciembre

## Exámenes de Salud Gratis de:



**Presión  
Arterial**



**Glucosa**



**Colesterol**

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