## Caldwell Health Department's Wellness Day

## Caldwell Community Center – gym

June 11, 2016 from 10:00 – 1:00

## **Speaker Series:**

Prescription Drug Interactions (10:00) Lead and Water (10:45), Relaxation Techniques (11:30), Zika Virus (12:15)

Information tables/ activities that include Free Blood Pressure - Free Glucose Testing - Free Chair Massage -Bio-feedback - Nutrition -Essential Oils - Aroma Therapy- Mental Health Information - Caldwell Police Department – Poster Assessment - Salt Therapy – Caldwell Community Center - One on one with a Doctor and ask your questions directly - One on one with a Pharmacist and discuss your prescriptions and interactions with other medications - One on one with a Dentist-Coffee/tea -

Healthy Snacks ... So much more...

Fun for the kids - Free Tattoos, Rock Wall and **Bouncy House** 

**Bring your Old Prescription Drugs** to the Caldwell Police Department's **Portable Drug Collection Unit** 

For More Information, Please call the Caldwell Health Department at 973-403-4623