

2017 Sound Beach Civic Health and Wellness Expo

Co-sponsored by Times Beacon Record News Media
Sound Beach Firehouse, 152 Sound Beach Blvd., Sound Beach
Saturday, October 21, 10 AM to 2 PM
FREE ADMISSION

Learn how to make good health decisions from health professionals

**Yoga
Demonstration**
by Barbara
Delledonne,
Santi Yoga
Community
11 AM, 1 PM

Screenings and Demonstrations

Glucose screening
Blood pressure screening
Colon cancer screening
Body mass index screening
Ergonomic posture exam
Hearing screenings
Carbon monoxide screening
Body wrap demonstration
Fat fighter demonstration

Shed the Meds
Suffolk County
Police Will Take
Unwanted
Medications

**Pick Up Some
Recipes for
Healthy Living**

**Free Samples
of Healthy
Snacks**
*(While
Supplies Last)*

Flu Shots by Rite Aid

Bring insurance info (incl. Medicare Parts B & D, list of any medical conditions, and your primary care physician contact info)

"Alkalize and Live," 12 Noon

**Learn how food can have a negative and positive impact on your mind and body
from Joanne Lauro, Nutrition Director, Community Growth Center**

For more information call (631) 744-6952 or e-mail Rubertob11789@aol.com