



First Responders Drop-In Health Fair

Greater Lowell YMCA, 35 YMCA Drive, Lowell, MA

Saturday, October 21, 10:00am – 1:00pm

All Greater Lowell First Responders are invited to join us at our drop-in health fair. This fair is an opportunity for all attendees to receive **confidential** preventative health screenings, which include blood pressure, body mass index (BMI), cardiovascular risk, head and neck, oral and skin screenings. There will also be educational resources available regarding stress management, nutrition, physical activity and healthy sleep education.

This free health fair is open to all Greater Lowell first responders, including police, firefighters, paramedics and EMTs.

Call 1-877-LGH-WELL (1-877-544-9355)
or visit www.lowellgeneral.org/health.

