



...and Wellness Fair at CHR's Center for Health and Wellness!

Save the Date: Friday, October 6, 2017

From 11 a.m. to 3 p.m.

444 Center Street, Manchester, CT

CHR is so proud to be your neighbor in Manchester! Please join us to learn about the many services available for you and your family at CHR's new Center for Health and Wellness – from primary care to specialized services. During the Health and Wellness Fair, you can learn about ways to stay healthy and prevent chronic illness and enjoy:

- **FREE** health screenings – blood pressure, BMI, and more!
- **FREE** dental screenings – courtesy of First Choice Health Centers!
- **FREE** flu shots – courtesy of Genoa!
- **FREE** demonstration with Therapy Dog!
- **FREE** prescription drug take-back service – courtesy of Genoa!
- **FREE** information about dental care, acupuncture, chiropractic, advocacy and more!
- **FREE** fitness demonstrations including zumba, yoga and salsa!
- **FREE** refreshments, drawings, and much more!
- **FREE NARCAN information and demonstration. Take some home to save a life!**
- **Meet Gizmo, the therapy dog, who will “paw-sign” FREE books!**

All activities will be held in the CHR parking lot. To learn more, visit www.chrhealth.org.



REAL LIFE. REAL HOPE.