

## ADULT WALK IN HEALTH SCREENINGS MONITORING AND ASSESSMENT

Adult walk in health screenings, monitoring and assessment are open to all adults every Thursday (except the 5<sup>th</sup> Thursday) from 1 to 3 p.m. at the Cedar Hill Christian Reformed Church on Cedar Hill Avenue, Wyckoff.

The following services are available:

1. Blood pressure monitoring
2. Nutritional information – Diet consultation and weight taken
3. Cardiac Risk Factor Information
4. Osteoporosis Risk Identification
5. Medication Consultations
6. Initial Health Referrals
7. Diabetes risk factor identification.

A registered nurse conducts the sessions.

This service is free to all Wyckoff adults and appointments are not necessary.