

NEWS

TOWNSHIP OF WOODBRIDGE



MAYOR JOHN E. McCORMAC

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FOR IMMEDIATE RELEASE:

Nov. 16, 2007

FOR FURTHER INFORMATION CONTACT:

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Mayor's Office of Communications

Mayor McCormac Announces Upcoming Community Health & Wellness Screenings... Events... and Seminars

Free "Lunch & Learn" Programs Target "Grief & Loss" and "Breast Health & You"... "Mommy & Me" Explores the Healthy Pregnancy... "Air Wise – Winning Over Asthma" Offers Free Asthma Screening...

Woodbridge - Mayor John E. McCormac, the Mayor's Wellness Campaign and the Woodbridge Township Department of Health & Human Services are hosting a series of **FREE** wellness lectures, programs and Health screenings over the next two weeks. The Mayor's Health & Wellness Campaign schedule includes:

- **TUES., NOV. 20 ~ NOON to 1:00 P.M.**
"Lunch & Learn ~ Managing Grief & Loss"
Presented by Jennifer Smith, Prevention Educator, NCADD of Middlesex County
Evergreen Senior Center, 400 Inman Avenue, Colonia
For more information contact the Department of Health & Human Services at 732-855-0600 x5024
- **TUES., NOV. 27 ~ NOON to 1:00 P.M.**
"Lunch & Learn ~ Breast Health & You"
Presented by Fern Kulman, Health Educator, Department of Health & Human Services
Woodbridge Public Health Center, 2 George Frederick Plaza, Woodbridge
For more information contact the Department of Health & Human Services at 732-855-0600 x5024
- **WED., NOV. 28 ~ 6:00 P.M. to 7:30 P.M.**
"Mommy & Me ~ How to Have a Healthy Pregnancy" ~ Learn about Nutrition and Pregnancy...
Effects of Drug & Alcohol on a Pregnancy... Infant CPR... Child Immunizations...
Evergreen Senior Center, 400 Inman Ave., Colonia

To Pre-Register or for information contact Shirley Genty at Shirley.genty@twp.woodbridge.nj.us or 732.855-0600 x5008

- **FRI., NOV. 30 ~ 9:30 A.M. to 11:30 A.M.**

“Air Wise ~ Winning Over Asthma”

FREE Lung Function & Asthma Screening

Woodbridge Public Health Center, 2 George Frederick Plaza, Woodbridge

Pre-Registration required... Contact the Department of Health at 732-855-0600 x5024

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