

# SUMMER HEALTH & WELLNESS



**Friday, August 7, 2020**

**9:30 a.m. - 4:00 p.m.**

**Incarnation Food Pantry**

**89-28 207th St., Queens Village**

- Stress Reduction Tips and Techniques
- Sun Safety and Hydration
- Health & Wellness Spin Wheel
- Increase Movement and Engaging Kids
- Geriatric Health and Wellness Program
- Be Counted! NYC Census
- Clear Captions (captioning phone system)

**Please wear a mask and be prepared to social distance.**

**Space is limited. Sign up for event time slot at:**

**<https://ccbqhealthfair87.eventbrite.com>**

***Hosted by CCBQ Community Health & Wellness Program***

**We are also offering COVID-19 Antibody and Cardiovascular Testing on-site by Advance Cardiovascular Diagnostics. Call 516-329-4556 to make an appointment.**

