2011 Health Department Scheduled Programs

January 13	Rabies Clinic	6:30 pm
January 20	Rabies Clinic	6:30 pm
February 2	Heart Healthy Dinner Forum	5:30 pm
March 30	Eye Screening	1:00 pm
April 6	Women's Health Clinic	3:30 pm
April 13	Beat the Urge: Bladder Health Dinner Forum	5:30 pm
April 27	Prostate Screening	6:00 pm
May 6	What is Diabetes?	10:00 am
May13	Take Control of Your Diabetes	10:00 am
May 20	A Guide to Diabetic Medications	10:00 am
June 1	Blood Screening ($20)	8:00 am
June 6	Life Line Screening	9:00 am*
October 5	Women's Health Clinic	3:30 pm
October 12	Women's Health Forum	5:30 pm
December 3	Blood Screening ($20)	8:00 am
December 5	Life Line Screening	9:00 am*

Health Care Dinner Forums

In partnership with Clara Maass Medical Center

Medical panel of experts Free Dinner/Discussion/Q&A

Heart Healthy Cooking	Wed. Feb. 22nd	5:30 p.m.
Beat the Urge: Bladder Health	Wed. Apr. 13th	5:30 p.m.
Women's Breast Health Forum	Wed. Oct. 12th	5:30 p.m.

Diabetes Lecture Series

In partnership with Clara Maass Medical Center

Fridays 10 am Free breakfast

May 6th	**What is Diabetes?**
May 13th	**Taking Control of Your Blood Sugars**
May 20th	**A Guide to Diabetic Medications**

Zumba/Yoga/Zumba Gold

In partnership with the Meadowland Area YMCA

Zumba	Mondays 7 pm, Tuesdays 6pm, Tuesdays 7 pm
Zumba Gold	Thursdays 6 pm
Yoga	Mondays 5 pm

Child Health Clinics

Vaccines for Children who do not have health Insurance

Free Chiropractic Screenings

One screening per year; Held the third Tuesday of the month (Feb-June, Sept-Dec.)

Appointments required for all programs other than Rabies Clinics

Please call 201-804-2500 to register for all programs

*****Call 1-888-753-1129 for Life Line Appointments