

# Personal Health Consultations



The Lyndhurst Health Department's offers a Personal Health Consultations Program on the **third Wednesday of every month from 9 am until 11 am.** This program provides Lyndhurst residents with the opportunity to meet one-on-one with our public health nurse, Alison Roa, for a confidential health assessment. Alison Roa, RN, will review your personal health history and take measurements of blood pressure, height, and weight.

She will then provide individualized health counseling and education.

Appointments are not required.

If you prefer to meet with our nurse at another time, please call 201-804-2505 to schedule an appointment.