



Community Wellness Fair

ST. MARY PARISH CENTER, HOULTON

WEDNESDAY, APRIL 21

ADULTS & SENIORS 8:30AM - 5PM

Call (207) 532-2871
to Schedule Appointment

PARENTS & CHILDREN 10AM - 3PM

Call (207) 523-1161
to Schedule Appointment

HOME VISITS BY APPOINTMENT

Health Screenings Available:

- Blood Pressure Checks
- Glucose Checks
- Eye Evaluations for Reading Glasses
- Fall and Safety Screening

Educational Opportunities Available:

- Nutrition & Healthy Living
- Mental and Spiritual Health Support
- Chronic Disease Management
- Pain Management
- Dental Hygiene for Children and Adults
- Parents & Children: Free diapers, formula, and baby wipes will be available

