

Community Health Fair

Saturday, June 2



Rain or shine

112 Quarry Road, Trumbull, CT

9 am - 1 pm

Free Admission

Cooking demos at 10 am and 11 am
with Chef Raquel Rivera-Pablo.
Come early, space is limited.

Refreshments, raffles and giveaways.

For additional news visit our [Facebook page](#).

Know your numbers

Test blood pressure, blood glucose
and Body Mass Index (BMI)

Food for thought

On-site cooking demonstration with
healthy food samples and recipes

Stay informed

Relevant health topic discussions,
led by expert clinicians

Reduce your stress

Mindfulness exercise with simple tips
to use at home

Medical questions?

Bring your current medications
and speak with one of our
clinical pharmacists

Interested in MyChart?

Sign-up for secure on-line access
to your medical record

For more information,
please contact David Mazzariello:
david.mazzariello@ynhh.org.