

How is your **H.E.A.R.T**

Hillsborough, NJ



Join Hillsborough Township Health Department and RVCC Nursing students
for a health and wellness afternoon.

come by and get

FREE Heart Health Screening

Free, confidential screenings by RVCC Nursing Students

Heart Health Screening will include:

- + Blood Pressure Check
- + BMI Evaluation
- + Health Education Resources:
 - Hypertension
 - Diabetes
 - Cholesterol
 - Nutrition
 - Exercise & Fitness
 - Relaxation Technique
 - Stress Management
 - Tobacco Use Cessation Program

March 15th
Wednesday
1pm to 3pm

***FREE & OPEN TO THE PUBLIC**

Located at the lobby area of
Hillsborough Municipality
379 South Branch Rd,
Hillsborough, NJ 08844

Project for Trends in Nursing | Spring 2017

Presented by: RVCC Nursing Students:

- Rodolfo Flores - Mariel Lambino
- Lavern Gayle-Scott - Angela Saggese

For more health information and links: visit
Hillsborough Township Health Department website