

FREE

**RIVERSIDE TOWNSHIP
MENTAL HEALTH BOARD
COMMUNITY
HEALTH & WELLNESS FAIR**

**SATURDAY, AUGUST 29
10AM - 12PM**

DISCOVER MORE THAN 40 ORGANIZATIONS!

**CONNECT WITH:
HEALTH PROGRAMS
COMMUNITY RESOURCES
LOCAL PROVIDERS**

**ALL
AGES!**

We will offer blood pressure screenings, free injury screens, sharing injury prevention tips, and educating attendees on how movement can improve their health and quality of life!



**NORTH RIVERSIDE COMMONS - GYM
2401 S. DES PLAINES AVE
NORTH RIVERSIDE, IL 60546**

*FOR MORE INFORMATION ON HOW YOU CAN BE
INVOLVED, PLEASE CONTACT THE RIVERSIDE
TOWNSHIP COMMUNITY RESOURCE CENTER:*

(708) 853-9578

CRC@RIVERSIDETOWNSHIP.ORG

Presented By:



Riverside Township
Mental Health Board