

BIOMETRIC SCREENINGS

Brought to you by the Cape Cod Municipal Health Group

The CCMHG is pleased to offer **The Town of Eastham** our worksite screening program with services provided by Barnstable County Public Health, CC Cooperative Extension, CC Healthy Connections, BCBS, HPHC and Abacus Health Group. This on-site program includes:

- ✓ Audiometer (Hearing Test)
- ✓ Blood Pressure/Pulse
- ✓ Bone Density
- ✓ Finding out your "Heart Age"
- ✓ Blood Glucose
- ✓ Cholesterol



- ✓ Skin Assessment - UV Damage
- ✓ Healthy Cooking Demonstration
- ✓ Waist Measurement
- ✓ Weight
- ✓ Body Mass Index

There will be a fantastic group of informational handouts available on subjects like stress reduction, family health, myMedicationAdvisor, healthy eating, the Diabetes Care Rewards Program, both Men's and Women's Health and many, many more!

March 30th 1:00pm – 5:00pm
Earle Mountain Room, Town Hall

Please plan on putting aside some time during your day to visit. Appointments will require approximately 20 minutes of your time and you will be able to choose the time that is most convenient to your busy schedule! If you are unable to choose a time, walk-ins are welcome!



Questions: Call Mary Casali, Wellness Consultant, CC Healthy Connections, LLC at (508) 572-0122 at capecodhealthyconnections@gmail.com

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