COMMUNITY EDUCATION

Health Screenings

Body Fat Screening

Thu., March 3 & Fri., April 1; 10 a.m. to noon
Excess body fat is a preventable risk factor for heart disease. Track your diet and fitness progress and learn how much excess weight is safe to lose. Appointment and registration required.

Hearing Screening

Tue., March 8; 9 a.m. to noon
2 Hamilton Health Place, Hamilton Township, NJ 08690
Call 609.245.7390 to register.
Lorraine Sgarlato, AuD

Fall Prevention/Balance Screening

Tue., March 8; 9 a.m. to noon
2 Hamilton Health Place, Hamilton Township, NJ 08690
Call 609.245.7390 to register.

Take-Home Colorectal Screening

Tue., March 15; 10 to 11 a.m.
Learn how to use a simple take-home test to detect early colon cancer. Registration required.

Osteoporosis Screening

Tue., March 15 and Wed., April 13; 10 a.m. to noon
Ultrasound of heel and personalized information. Registration and appointment required.

Memory Screening

Tue., March 22 and Wed., April 20; 10 a.m. to noon
Are you concerned about "senior moments?" The Mini-Mental State Exam is a quick assessment to discern normal aging versus potential problems. Appointment and registration required.

Are You Stressed?

Tue., March 29; 1:30 to 4:30 p.m.
Does life seem overwhelming? Take a simple test to find out your stress level. You'll also receive information and coping strategies. Appointment and registration required.

FOR MORE INFORMATION OR TO REGISTER, CALL THE HEALTH CONNECTION AT 609.584.5900 OR VISIT US ONLINE AT RWJBH.ORG/HAMILTON

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