



# Randolph Health & Wellness Expo

Saturday, April 29, 2023

Randolph Intergenerational Community Center

128 Pleasant St, Randolph

11:00 AM - 2:00 PM



**Public Health**  
Prevent. Promote. Protect.

## Get Free Screenings & Health Information

Blood Pressure, Diabetes teaching, Nutrition and Healthy Eating, Hearing screening, Mental Health & Substance Use Resources, Emergency Preparedness & much more:

*"Understand and learn small things you can do to make a difference for people living with dementia"*

Registration is required at: <https://bit.ly/RandolphHealthExpo2023>

Contact information: Peggy Montlouis, [pmontlouis@randolph-ma.gov](mailto:pmontlouis@randolph-ma.gov) or 781-767-1406

\*Free lunch offered and enter to win a wellness coach session\*

